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vegetarian times

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October 2009

+125 BEST BUYS FOR COOKS

easy fall suppers

36 light and healthy seasonal recipes

5 WAYS to fall in love with lentils

Simply spectacular pizzas

GORGONZOLA, FIG & SPINACH PIZZA, p. 60

Elegant harvest menu for two

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Food styling by Natasha Arnoult
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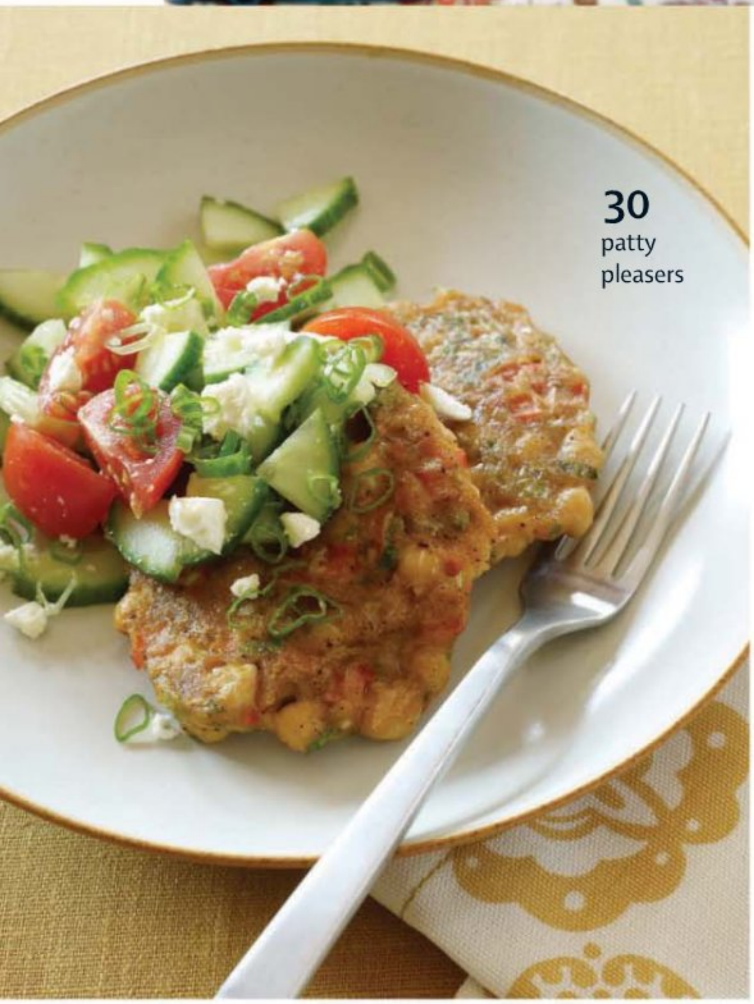

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tell a friend

In honor of Breast Cancer Awareness Month, I want to tell you a true story about how my friend's mammogram probably saved *my* life.

This story starts two years ago, over a Friday night glass of wine with my friends Mirjam and Wendy. That evening, Mirjam was feeling really nervous about her first-ever mammogram, which was scheduled for the following Monday.

Compared to Mirjam, who had just turned 40, I felt like an old pro. I'd had my first baseline mammogram at the tender age of 32 (the year my mom underwent chemotherapy for breast cancer). But as I reassured my friend, I started to worry. My own 40th birthday was just two months away, and I hadn't been screened in almost eight years.

PHOTOGRAPHY: JENNIE WARREN; HAIR AND MAKEUP: DORIT GENAZZANI, USING MAC

First thing Monday morning, I called my doctor to make an appointment. Given the choice of waiting four weeks to see the doctor or waiting one week to see the nurse practitioner, I chose the nurse.

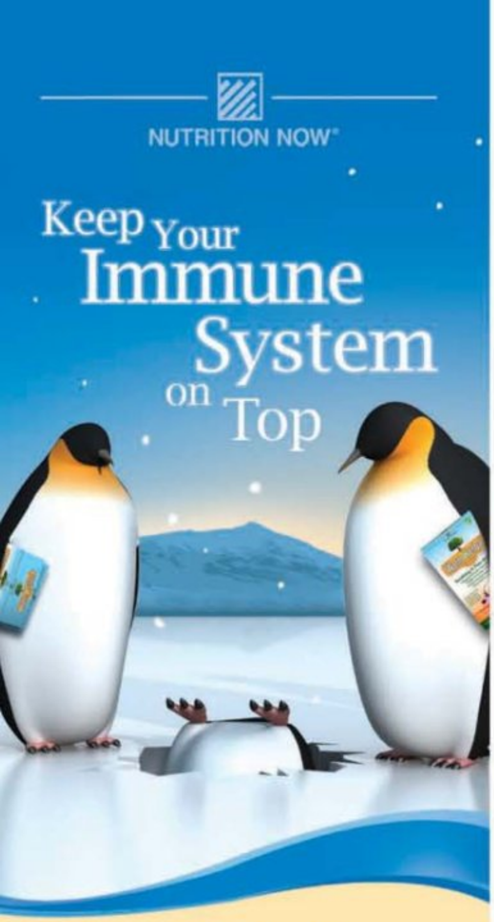
I spent the next week catching up on eight years' worth of missed monthly breast self-exams. And guess what? I found a lump. The nurse felt it too, and 16 days shy of my 40th birthday, a biopsy confirmed it: stage 1 invasive breast cancer. The tumor was aggressive, but so was the treatment (surgery, chemotherapy, radiation, and more) to make sure the cancer couldn't spread. These days, I'm cancer-free, and religious about mammograms.

Tell a friend. And don't miss this month's installment of Ask the Doc (p. 28), in which Neal Barnard, MD, tackles the topic of how to eat to protect yourself against breast cancer.

Elizabeth Turner

P.S. Two more occasions we're observing in October:

- **Celiac Awareness Month**—celebrate with a mix-and-match menu of gluten-free pizzas (p. 56), and many more celiac-friendly recipes throughout this issue.
- **World Vegetarian Day,** October 1. For more info, visit worldvegetarianday.org.



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contributors

Laraine Perri

Writer, Recipe Developer, "Crush-Worthy," p. 46

What did you discover while on this assignment? That there is something incredibly basic, even primitive, and wholly satisfying about toasting and crushing nuts, spices, and seeds. The result is culinary fairy dust.
What's your most treasured family recipe? The family beans. My mother's recipe (based on her own mother's)—beans slow cooked with mustard, brown sugar, and cloves—is addictive.
What's your No. 1 grocery splurge? Maldon Sea Salt. When something so pure and simple can utterly transform a tomato or a plate of fried zucchini, it's totally worth the splurge. And in keeping with the theme of the piece, I love crushing this salt between my fingers.
What's your favorite piece of cookware? My grandmother's wooden spoon.

Emily Henderson

Prop Stylist, "Crush-Worthy," p. 46; "Happy Birthday," p. 52; "And the Winners Are ...," p. 70

What did you discover while on these assignments? That kids will drink juice even if it's really hot, like as hot as tea. We were shooting in 97 degrees in the San Fernando Valley, and one of the lovely kids (sweating in her "fall" clothes) unknowingly started drinking the prop juice before we had the chance to add ice. She smiled and commented, "Mmm, this hot juice is really good!"
What's your most treasured family recipe? Cinnamon rolls with caramel glaze. They won me a purple ribbon in the 4-H state fair when I was 9, and I went on to make a fortune baking and selling them through high school—I'm talking tens of dollars.
What was your best improvisatory moment in the kitchen? I can make a salad out of anything left in the fridge or pantry. I waste nothing.

Alison Ashton

Recipe Developer, "Comeback Kid," p. 36

What did you discover while on this assignment? Pressure cookers are a huge boon for vegetarian cooks—you can enjoy whole grains and dried beans much faster than with conventional cooking methods. I was especially pleased to discover that you can "quick soak" dried beans using a pressure cooker, which is great if you don't plan far enough ahead to soak them the night before.
What fruit or veggie best describes you and why? Kiwi—a little prickly on the outside, but soft and sweet on the inside.
If you could enjoy a veg meal and conversation with anyone—dead or alive—who would it be and why? Mark Bittman. I admire his less-is-more approach to cooking, and although he's not a vegetarian, he advocates a plant-based diet for everyone because it's good for people and for the planet.

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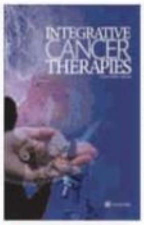

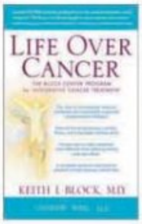

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letters

EASY ROLLING

My friend and I decided to make the Mango-Avocado Rolls from your September issue ("Wrap & Roll," p. 42); it was much easier than we thought it would be, and so delicious! We both like spicy food so we added some extra sriracha, and whipped up a quick peanut sauce, using peanut butter, sriracha, Bragg Liquid Aminos, lime juice, and maple syrup, to dip the rolls in. Thank you for all the great recipes—we can't wait to make more.

BECKY NASBERG | VIA E-MAIL

NO FOOLIN'

I don't have much of a sweet tooth, but every once in a while a craving hits. This time the recipe for the Light-and-Fast Raspberry Fool in the September issue really fit the bill ("Organic Favorites," p. 28). When I came across it, I hit the kitchen and put it together in no time. It was quick and easy, and has a fantastic taste. By the way, the article on crepes ("Crêpes 101," p. 36) reminded me of a recipe I've kept since the '60s.

SUSAN CROSSON | VALLEY SPRINGS, CALIF.

MIXING IT UP

I have been a subscriber for years, and I clip recipes from each and every issue. I wanted to thank reader Kelly Martin for her Aloo Palak recipe ("Reader Recipe," September, p. 12). It was easy and delicious! I substituted three large cloves of minced fresh garlic for the garlic powder, served the recipe over *VT*'s Caribbean Coconut Rice (April, "Cuckoo for Coconut," p. 40) with warmed naan on the side, and watched it disappear!

HOLLY WILLIS | EAST GREENBUSH, N.Y.

THIRD TIME'S A CHARM

I have recently gone veg for the third time in my life. (Each time it lasts for one to two years, and then a major life change happens and I'm off the wagon.) This last lapse was because of my fiancé. He's a meat eater, and in the beginning I felt I needed to eat whatever his family cooked. Well, a year has gone by, and I have learned to cook all his favorite recipes using veggie substitutes, and thereby have taken his fear out of vegetarian meals.

STEPHANIE GEIB | VIA E-MAIL

IT'S IN THE STUFFING

I received your e-mail newsletter with the quinoa stuffed peppers recipe yesterday. It took a bit more time to make than I expected, but the results were outstanding. I have been searching for a good stuffed pepper recipe since I became vegetarian 10 years ago. This recipe was so good, I had to share it with my veg neighbors. I don't know how I missed it when it came in the print version, but this proves having both versions is a really good thing.

KATHRYN M. CLENDENON | NORFOLK, VA.

FAB 5

We only print recipes we think are terrific, but each month we always have a few favorites. These are our top five from this issue:

1. Curried Red Lentil Soup with Lemon, p. 63
2. Autumn Wild Rice Rissoles, p. 35
3. Stuffed Cabbage with Brown Rice and Vegetable Sausage, p. 40
4. Yellow Lentil Dal, p. 64
5. Polenta–Goat Cheese Skillet Pizza, p. 60

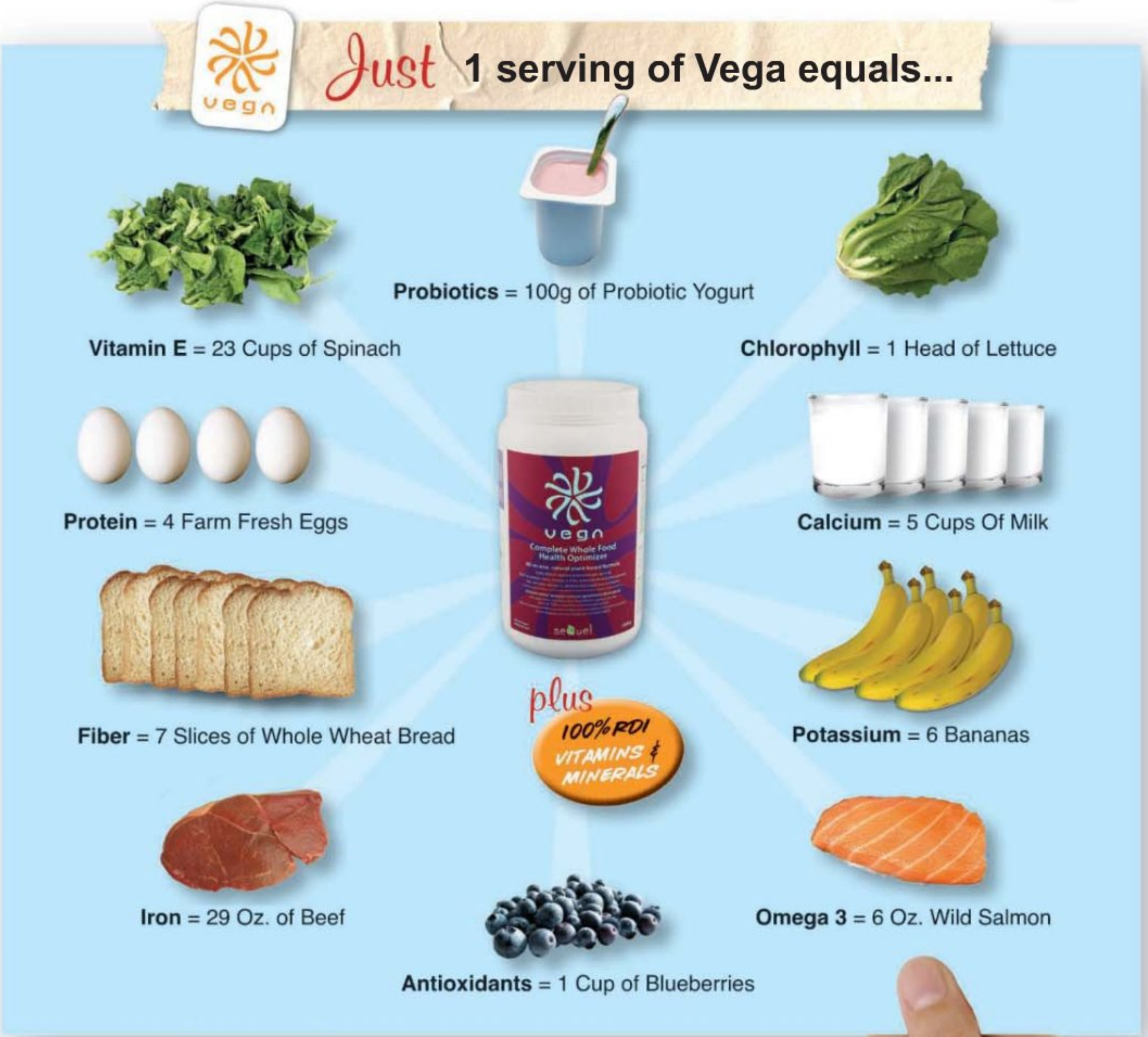
Send your letters to: editor@vegetariantimes.com

Editors' note: To sign up for *VT* newsletters, visit vegetariantimes.com and click on Newsletters.

For the record: Instructions were omitted for when to add the dry ingredients to the Chewy Picnic Brownies in our July/August issue (p. 61). Add them after the sugar and before the eggs.

We called for too much yeast in the Super-Flax Whole-Wheat Boule in our September issue (p. 34). The correct amount is a 0.25-oz. package of active yeast.

How Does Your Breakfast Stack Up?



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win!

SIGG is giving away 10 limited-edition Drop of Hope reusable water bottles to *VT* readers. For every bottle sold at mysigg.com, $5 goes to the Jane Goodall Institute to help improve clean water access in Africa. Register to win at vegetariantimes.com/dropofhope.

SHARE: Reader Recipe

Goji Olive Spread

SERVES 4 | GLUTEN FREE
30 MINUTES OR FEWER

Dhruv Chandra, of Toronto, was inspired by the recipes in *VT* to start trying out his own. Now every Sunday night is his time to shine and create new recipes for his wife, Surabhi. This one is a winner.

- ¼ cup dried goji berries
- 2 cloves garlic
- 2 small green chilies (Thai or Indian)
- 5–6 large kalamata olives
- 2 oz. feta cheese
- 3 Tbs. almond meal

1. Cover goji berries in water, and microwave 1 to 2 minutes to soften. Drain.
2. Blend goji berries with remaining ingredients in food processor to create coarse paste. Serve on toast.

PER ¼-CUP SERVING: 105 CAL; 4 G PROT; 7 G TOTAL FAT (2 G SAT FAT); 5 G CARB; 11 MG CHOL; 235 MG SOD; 2 G FIBER; 2 G SUGARS

tell *vt*

What's your favorite gluten-free nosh?

The Inspired Cookie makes wonderful GF vegan deliciousness! —SARAH

As a dietitian working with families following a GFCF diet, I like to keep it simple. A favorite nosh of both children and parents is popcorn. Heat up a little olive oil in a saucepan, cover the bottom with corn kernels, put a lid on, and shake! —AMBER

Mary's Gone Crackers and Nut Thins! —ANDREA, VIA FACEBOOK

Erin McKenna's brownies in the *BabyCakes* cookbook. I bake them in a 9-inch square pan, which makes 16 fudgy, decadent, totally sexy brownies. Gluten free and full o' love. —KRISTINE

Pamela's Products Chunky Chocolate Chip Cookies! Can't have just one. —RUMI

I love Mr. Krispers Rice Crisps and Good Health Natural Products Polenta Corn Chips! —JANAH

Ina Garten's recipe for chocolate sorbet. It is gluten-free and dairy-free, with a real hit of pure chocolate flavor. —KYRA

Sorella Bakery Biscottines. These mini biscotti are great to have on hand for impromptu morning coffee with friends. —COURTNEY

It's not even cooked, but one of my all-time favorite snacks is toasted almonds and raisins! —HILDE

Flourless peanut butter cookies! —LIBBY

next question:

What's your all-time favorite vegetarian cookbook?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of *VT*.

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THIS JUST IN

EDITED BY Amy Spitalnick ILLUSTRATIONS Meg Hunt

Need-to-know info about your health, diet, mind, body, and the world you live in

harvest art

Who needs more reason than Halloween to create a jack-o'-lantern? A gleefully grinning ghoul isn't even your only design option. Deborah Schneebeli-Morrell, author of *How to Carve Pumpkins for Great Results* and *Decorating Pumpkins and Gourds,* suggests "curious cats" as alternative designs, or such seasonal etchings as falling leaves.

Don't confine yourself to the traditional orange pumpkin, either, advises Schneebeli-Morrell. "A white boer pumpkin looks dramatic with engravings, and the creamy color of a butternut squash is great for etching funky patterns," she says. Or you may find inspiration in the green speckled skin of a fig leaf gourd.

You can generally rely on what's in your kitchen—a pointy knife, plus a spoon or ice cream scoop—to create your basic jack-o'-lantern from a garden-variety pumpkin. But you may want to invest in a lino cutting tool to craft intricate patterns on tougher-skinned squashes and gourds and a flat-ended wood-carving tool to help remove firmer flesh—both are available at most art supply stores.

You'll extend the life of your creation by rubbing the cut flesh with vegetable oil after carving, Schneebeli-Morrell says: "And if you're not using it immediately, store it in the refrigerator, then soak it in water for up to two hours to revive it for its shining night."

—GABRIELLE HARRADINE

Start with the perfect pumpkin

1. Patronize a pick-your-own farm to ensure freshness.
2. Keep your design in mind as you shop so you select an ideal shape and size.
3. Inspect all sides, checking for soft spots or mold.
4. Make sure the stem is dry and even a bit brittle.
5. Leave as much of the stem as possible, to help the pumpkin last longer.

For more tips, visit pumpkincarving101.com.

—G.H.

1. Get an electric lawn mower

2. Get a goat

3. Get a second hand goat

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naturespath.com/getonthepath

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what we're eating too much of this month

Pirate's Booty Bermuda Onion has totally captured our hungry-for-a-savory-snack hearts. We also treasure the fact that this treat is baked, not fried, and that it's gluten- and trans fat–free. $1.49/ 1 oz.(shown); $2.99/4 oz.; piratesbooty.com

MARGO'S BARK

MAN'S BEST BREW?

What better beverage for toasting October as Adopt-a-Dog Month than Margo's Bark? All proceeds from the sale of the cane-sugar-and-molasses-sweetened root beer benefit shelter and rescue dog groups. Named for Margo, a black lab–pit bull rescued by the Youd family, the product originated as an elementary school science project undertaken by Oscar Youd, now 8. Clove, cassia, nutmeg, and wintergreen add spice. $2; margosbark.com.

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Problem: Backache

Solution: Comfrey

The Scoop: A whopping 80 percent of us are estimated to suffer back pain at some point in our lives. Fortunately, natural relief is in reach: a study in the *British Journal of Sports Medicine* found that people with acute upper- or lower-back pain who used an ointment containing comfrey *(Symphytum officinale)* reported a reduction in pain of up to 95 percent. A leafy, flowering herb, comfrey contains a substance called allantoin, which may accelerate healing and reduce inflammation, says San Francisco–based naturopath Erika Horowitz, ND.

What to look for: Horowitz recommends applying a cream containing 3 to 20 percent comfrey root to the affected area three times a day for five to seven days. Avoid using on broken skin.

—MEGAN MATTES

Try: A. Vogel Comfrey Cream, $11.99/1.25 oz.; bioforceusa.com

ecofont

holey font, batman!

If you're just printing out a draft copy, why deplete your ink cartridge? Ecofont uses up to 20 percent less ink simply by omitting parts of letters while still being readable. Available for Windows, Mac OSX, and Linux, Ecofont is downloadable for free at ecofont.eu. Says its developer, Dutch design firm SPRANQ, "After Dutch holey cheese, there is now a Dutch font with holes as well."

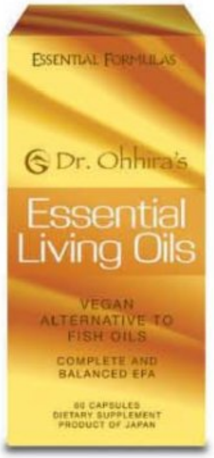
The Skinny on Essential Fatty Acids

Dr. Ohhira's balanced VEGAN alternative to fish oils

Dr. Ohhira's Essential Living Oils provide the beneficial essential fatty acids (EFA's) in an ideal balance of Linolenic Acid (Omega-3), Linoleic Acid (Omega-6), and Oleic Acid (Omega-9).

Essential fatty acids

- build hormones and maintain normal nervous system function*
- promote effective immune function*
- assure cell membranes do their crucial job, letting nutrients in and wastes out*



We need essential fatty acid supplements because our bodies cannot manufacture enough of them. All too often, our processed foods contain health-damaging fats and few of the beneficial fats.

Dr. Ohhira's Essential Living Oils were created after extensive research by Dr. Ohhira, a renowned Japanese scientist. Eight high-quality plants and seeds were carefully selected to provide important fatty acids that support optimal health to the cells, which in turn build optimum organ function.*

***These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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or visit www.EssentialFormulas.com

Circle reply #20 on Info Center card

[EDITORS' PICKS]

super (gluten-free) grains

For our salute to **Celiac Disease Awareness Month,** we've passed up on starch-heavy gluten-free staples, and opted instead for these vitamin- and fiber-packed grains. You don't even have to be gluten sensitive to reap their benefits.

SUPERGRAIN		PRODUCT PICK	WHY WE ♥ IT	SHOPPING INFO
Amaranth		**Nature's Path Mesa Sunrise Flakes**	Low in sugar and loaded with flax	$4.59/10.6 oz.; naturespath.com
Buckwheat		**Arrowhead Mills Organic Buckwheat Pancake & Waffle Mix**	Great tasting and easy to make	$5.49/32 oz.; arrowheadmills.com
Millet		**Food for Life Millet Bread**	Dense and delicious, with a touch of sweetness	$4.89/24 oz.; foodforlife.com
Quinoa		**Eden Red Quinoa**	A sweet and crunchy surprise	$5.12/16 oz.; edenfoods.com

—G.H.

TREND ALERT!

Want to add a bit of autumnal complexity to your aioli? Try using **black garlic.** Its dusky hue, pulpy texture, and licorice-sweet kick are all due to fermenting fresh bulbs under high heat. Add at the end of cooking, and remember that a little goes a long way, says Mitchell Altholz, executive chef at The Manor and Highlawn Pavilion in West Orange, N.J. Altholz garnishes a Provençal vegetable plate and a wild mushroom Israeli couscous with a sauce featuring black garlic blended into a veg stock of tomatoes, peppers, and herbs. blackgarlic.com

As a health bonus, fermentation may raise garlic's already impressive antioxidant quotient.

PHOTO: PORNCHAI MITTONGTARE

12

The percentage of Americans surveyed who reported eating a food they thought had been recalled.

[Source: Rutgers' Food Policy Institute]

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RAW SKILL Sharpen your knives along with your pencils: 105degrees, the first state-licensed raw culinary school in the country, has opened its doors to students. Named for the optimal temperature for preparing "living cuisine," the Oklahoma City–based school offers year-round classes that draw on seasonal ingredients and are held in a kitchen featuring a sprouting wall. Matthew Kenney, author of *Entertaining in the Raw* and the school's director of operations, extols "the fresh, clean flavors and vibrant appearance" of the cuisine, which is served daily at an on-site vegan café. Learn more at 105degrees.com.

MIHA MATEI FROM *ENTERTAINING IN THE RAW* BY MATTHEW KENNEY. REPRINTED WITH PERMISSION OF GIBBS SMITH.

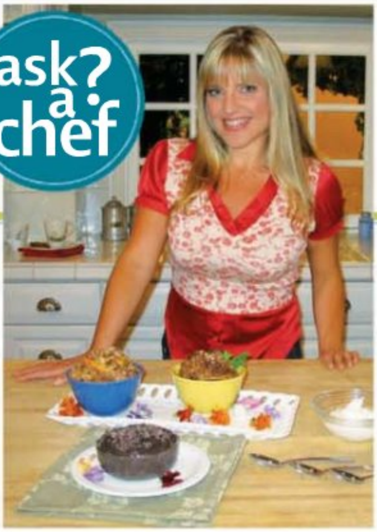
HOT CLICK!

With Hot Frog Creative's BNB (Be Nice to Bunnies) iPhone app, you can check the cruelty-free cred of that luscious red lipstick calling to you from the store shelf. "The inspiration came from years of carrying around a worn piece of paper, most likely out of date, to find products that hadn't been tested on animals," says Hot Frog Operation Director Sarah-Jane Dalby. The database reflects PETA's most up-to-date list. Available for $1.99 at apple.com/iphone.

Get the app free! Find out how at vegetariantimes.com/bunniesapp.

ask? a chef

Ever since Kelly Keough delivered a sugar-, gluten-, and dairy-free birthday cake to actor Jeremy Piven on the set of the HBO series *Entourage,* sales for her breads and desserts have been brisk. The author of *Sugar-Free Gluten-Free Baking and Desserts* now hosts her own Veria TV network show, *The Sweet Truth.* We asked her, **"What five ingredients are essential for a gluten-free pantry?"** Here's her list:



COURTESY KELLY KEOUGH

1. Bob's Red Mill GF All Purpose Baking Flour, made from garbanzo beans, fava beans, potato starch, and tapioca, is the best blend for cookies, muffins, brownies, scones, and waffles because of its smooth texture and neutral taste.

2. Gluten-free baking powder helps gluten-free flours leaven, or rise, and produce the fluffy texture we crave in cakes and muffins.

3. Xanthan gum, used in small amounts, simulates the "stretchiness" of gluten, and works together with leavening agents to create baked goods with a satisfying texture.

4. Quinoa grains cooked with apples, raisins, and cinnamon, and served with agave nectar, are a nice change for breakfast.

5. Buckwheat groats—raw and hulled—taste like a grain though they're really a seed. Try soaking and sprouting them, then dehydrating them together with a touch of puréed dates and raw cocoa nibs for a yummy chocolate granola.

—NEAL WEBSTER TURNAGE

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Alexandra Paul went seamlessly from *Baywatch* lifeguard to Ironwoman, competing in Hawaii's World Ironman Triathlon Championships in 1997 and other endurance competitions. A dedicated environmental activist, Paul, 46, cowrote and produced *Jam Packed,* a documentary about overpopulation. The actress also appeared (as herself) in the 2006 documentary *Who Killed the Electric Car?*

Q What motivated you to become a vegetarian?

A It's the best way each of us can save animals and save the environment. Now, over 30 years later, I also see a spiritual aspect to it: a reverence for all life and a consciousness that comes from making a decision not to eat just anything.

Q How were you introduced to vegetarianism?

A I read *Diet for a Small Planet* when I was 14, just when I was formulating my ethics and "inhaling" new information. I wanted to be a good person and make a difference in the world. Vegetarianism seemed to fit both bills.

Q How are you continuing your efforts to live a greener life?

A I am very focused these days on simplifying. In February, my husband, Ian, and I each got rid of one thing each day of the month. And if we brought something new into the house, we had to compensate for that. Not having a lot of things is crucial to preserving resources, and removing the extraneous just makes life better.

COURTESY ALEXANDRA PAUL

—BONNIE SIEGLER

carrot & stick Who walks the walk ... who's nothing but talk

CARROT TO

Ghent, Belgium, for becoming the first city in the world to officially go vegetarian one day a week. Launched this past May, every Thursday in the Flemish town is Veggie Day: cafeterias in public buildings and schools serve vegetarian-only meals, and all restaurants offer at least one option that's free of seafood or meat. (One eatery has banned meat entirely that day.) To help the city's 230,000 residents kick the bratwurst, street maps are available to guide them to the best meat-free fare in town.

Veggie Day is the brainchild of the Ghent-based Ethical Vegetarian Alternative (vegetarian.be). EVA Director and Cofounder Tobias Leenaert made it happen after garnering the support of city councilman Tom Balthazar. "It was really the first time that a government—even on the city level—is behind such a campaign," says Leenaert. In announcing Veggie Day, Balthazar noted not only its boost to animal welfare but also its potential to combat obesity and lessen Ghent's environmental footprint. The EVA estimates that if everyone in town observes Veggie Day for a single year, the CO_2 savings will be equivalent to taking 18,000 cars off the road.

STICK TO

The European Parliament for rejecting European Commission proposals to reform animal testing in the European Union. Among the proposals: requiring prior authorization to determine whether an alternative is available before conducting animal testing. The top rationale cited by parliament members (aka MEPs) in killing the proposal? Too much red tape. The MEPs did deem to require pre-approval for cases where animals would suffer "moderate" to "severe" pain and for experiments involving primates. Still, that "leaves an estimated 4.3 million experiments on animals [nearly half the experiments in the EU] that will not require scrutiny before being authorized," notes the U.K.-based nonprofit Animal Defenders International. Rejecting the commission's proposal to limit the use of nonhuman primates to experiments involving "life-threatening or debilitating" conditions, the MEPs argued that it "could penalize European research to the advantage of its American or Asian competitors." Capitulating further to corporate interests, the MEPs also delayed indefinitely a recommendation to ban the capture of wild monkeys by breeding centers that supply European labs with primates.

—RACHEL DOWD

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Circle reply #28 on Info Center card

BY Gabrielle Harradine

off the vine

8 ways to refine your wine experience

1. EASY ENHANCEMENT
Get smoother taste straight from the bottle with the Vinturi Wine Aerator. Comes with a stand and carrying pouch. $39.95; vinturi.com

GOOD GUY!

2. SWEET SERVE
Hand-blown from recycled bottles, The Global Heart Recycled Glass Decanter looks divine and supports fair-trade principles. $34; theglobalheart.net

3. DRINK IN STYLE
Their slightly bowed rims add understated elegance to Denby "Oyster" wine glasses. $14.99/each; macys.com

4. SHARE THE LOVE
A flair for simplicity shines through the neoprene Built Fishnet Wine Tote Two Bottle. $17; builtny.com

5. SCHOOL YOURSELF
Inform your palate with the 2009 edition of Kevin Zraly's *Windows on the World Complete Wine Course*. $16.47; amazon.com

6. DRINK ORGANIC!
Bring the taste of Mendocino home with a sulfite-free Cabernet from Frey Vineyards. $14.75; freywine.com

7. GO CORKLESS
Keep it covered, while ready to drink, with the Metrokane Wine Pourer with Stopper. $4.99; amazon.com

8. OPEN WITH EASE
The Screwpull Metal Trigger with metal foil cutter and stand is oh-so-sleek and easy-to-use. $130; lecreuset.com

win! **We drank the wine, but we're giving away the other goodies you see here. Register at vegetariantimes.com/sweeps for a chance to win.**

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

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Circle reply #18 on Info Center card

BY Elizabeth Barker

Pumpkins aren't just perfect for pies and Halloween decor: "Pumpkin enzymes are great natural exfoliators that leave skin looking smooth and polished," says Barbara Stirewalt, spa director at Mohonk Mountain House in New Paltz, N.Y. "Pumpkin is also supercharged with beta-carotene, which helps knock out skin-damaging free radicals." Goods to choose:

1, 2 To soak up pumpkin's skin-smoothing enzymes, try a do-it-yourself facial peel. Popular in spa treatments, **Eminence Organic Yam and Pumpkin Enzyme Peel** ($46/2 oz.; eskinstore.com) and **Naturopathica Pumpkin Enzyme Peel** ($56/1.7 oz.; naturopathica.com) blend pumpkin extracts with fruits, herbs, and essential oils that help stimulate skin renewal.

3 A delicious indulgence for any pumpkin pie lover, **Bella Luccè Pumpkin Glow Body Scrub** mixes pumpkin pulp, cane sugar, and essential oils into a velvety slougher. $25.50/14 oz.; bellalucce.com

4 Pumpkin seeds are high in healthful fats that lock in moisture and keep skin supple. For help in building up your moisture barrier before winter hits, start slathering hands now with **Desert Essence Pumpkin Hand Repair Cream.** $8.99/4 oz.; desertessence.com

5 Formulated to firm skin, **Ilike Organic Skin Care Pumpkin & Orange Mask** saturates your face with antioxidants, mineral-rich honey, and healing, hydrating floral extracts. $44/1.7 oz.; organic skincaresource.com

6 For a daily facial wash that soothes and nourishes, rinse with the exfoliating pumpkin, detoxifying algae, and inflammation-fighting oils found in **MyChelle Dermaceuticals Creamy Pumpkin Cleanser.** $9.66/2.1 oz.; mychelle.com

PICK OF THE PATCH

Skin-freshening ingredients abound inside a pumpkin shell

TIP Pumpkin enzymes contain a mild form of retinoic acid, a vitamin A derivative known to increase skin's sun sensitivity. "Applying sunscreen is especially important after you've used a pumpkin-enzyme-based treatment," notes spa director Barbara Stirewalt.

PHOTOGRAPHY Pornchai Mittongtare

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BY Neal Barnard, MD

Can diet reduce your risk?

eat to beat breast cancer

Q **How can I eat to protect myself against breast cancer?**

A Foods can help in two ways: First, a healthful diet can help prevent cancer. Second, for women already diagnosed with cancer, smart food choices can improve their chances of survival.

The first inklings that food might play a role in breast cancer came from the observation that breast cancer is rare in countries where diets are mainly plant-based. In Japan, for example, where the traditional dietary staple is rice, breast cancer is rarer than in Western countries. The difference is not due to genetics—at least not for the most part—because as people migrate from Asia to the U.S., the breast cancer risk for their children and grandchildren matches that of other Americans.

PHOTOGRAPHY Mike Lorrig STYLING Andrea Kraus

Part of the difference relates to the fact that Japanese women are often thinner than Americans. Body fat produces estrogens—female sex hormones that are linked to breast cancer. Many studies, including two very large ones, have shown that women with less body fat are less likely to develop postmenopausal breast cancer, compared with heavier women.

However, avoiding being overweight is not the only issue in cancer prevention. Here are four more steps that may help reduce risk:

Limit alcohol. A woman who has even one drink per day—if it's every day—has about a 10 percent higher risk of breast cancer, compared with women who avoid alcohol. The reason may relate to alcohol's tendency to disrupt the action of folic acid, a B vitamin with anticancer properties. It pays to keep alcohol use modest and intermittent.

Avoid meat, especially red meat. Women who generally avoid red meat have a lower risk of breast cancer, compared with those who include it in their daily diet. It is not yet clear whether the problem with meat is the carcinogens that form as it is cooked or the effect of meat-eating on the hormones in a woman's body.

Avoid fatty foods. Studies have been mixed about whether the amount of fat in your diet affects your breast cancer risk. Some researchers have suggested that what matters is the type of fat you eat. Saturated fat, the kind found especially in meat, is linked to higher risk.

Bring on the fruits, vegetables, and legumes. Vegetables and beans are rich in folic acid. The fiber in fruits and vegetables is important too; it helps your body eliminate extra hormones. Here's how: As your liver filters your blood, it removes excess estrogens, sending them into your intestinal tract. There, fiber carries these hormones out with the wastes. If you do not have enough fiber in your diet, estrogens pass from your intestinal tract back into your bloodstream.

Q How much fiber is enough?

A The National Academy of Sciences recommends that young women get at least 25 grams of fiber daily and that young men get at least 38 grams, with slightly lower recommendations for older adults. However, many authorities—me included—suggest slightly more, around 40 grams per day for all adults. To help you picture what that means, a ½-cup serving of beans has 7 grams of fiber, a slice of whole-wheat bread has 3 grams, and a typical piece of fruit has about 3 grams.

Q Are there any specific foods that are known to protect against breast cancer?

A Two deserve mention: First, girls who consume about 3 ounces of tofu or 1 cup of soymilk daily during puberty have about 30 percent less risk of breast cancer as adults. Whether soy products are safe for women who have been diagnosed with breast cancer is not clear, although most evidence so far is reassuring.

Second, mushrooms may reduce breast cancer risk. An examination of the diets of several thousand Chinese women suggested that those who ate at least 10 grams of fresh mushrooms (the weight of one small button mushroom) daily had a 64 percent reduced risk.

Q What about nutrition for women who already have been diagnosed with breast cancer? Can diet changes help?

A Yes. Trimming excess weight improves survival. Avoiding fatty foods helps too. In the Women's Intervention Nutrition Study, including 2,437 postmenopausal women previously treated for breast cancer, a low-fat diet reduced recurrence risk by about 25 percent.

A combination of a healthful diet and physical activity seems to be particularly important, as was shown in the Women's Healthy Eating and Living Study, which included 3,088 women previously diagnosed with breast cancer. Women who had at least five servings of fruits and vegetables each day and averaged 30 minutes of walking 6 days per week had roughly half the risk of dying from breast cancer, compared with women who ate fewer vegetables and fruits or who were less active.

So a healthful plant-based diet helps in many ways. It makes weight control easier, helps you avoid unhealthful fats, and keeps fruits and vegetables front and center. This combination, along with regular exercise, helps prevent cancer and also reduces the risk of recurrence.

Neal Barnard, MD, is founder and president of The Cancer Project and coauthor of The Cancer Survivor's Guide.

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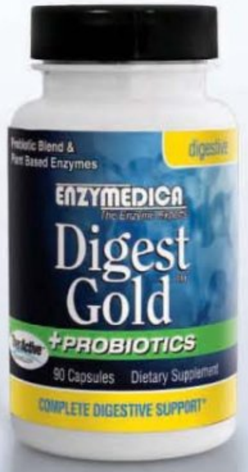

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Circle reply #27 on Info Center card

BY Mary Margaret Chappell

patty pleasers

A quick-and-easy dinner gets a gourmet upgrade

FROM LEFT:
- AUTUMN WILD RICE RISSOLES, p. 35
- CURRIED SWEET POTATO FRITTERS, p. 34

For most vegetarians, veggie patties rank right up there with nut loaf and other '70s-style recipes that have a similar "health food" reputation. Easy and good for you? Sure. Tempting and tasty? Not so much.

VT decided it was time to revamp veggie patties' image. Gone are the bland, brown rounds of beans and sticky grains. These entrées have color, flavor, and a spark of gourmet flair.

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Amy Paliwoda

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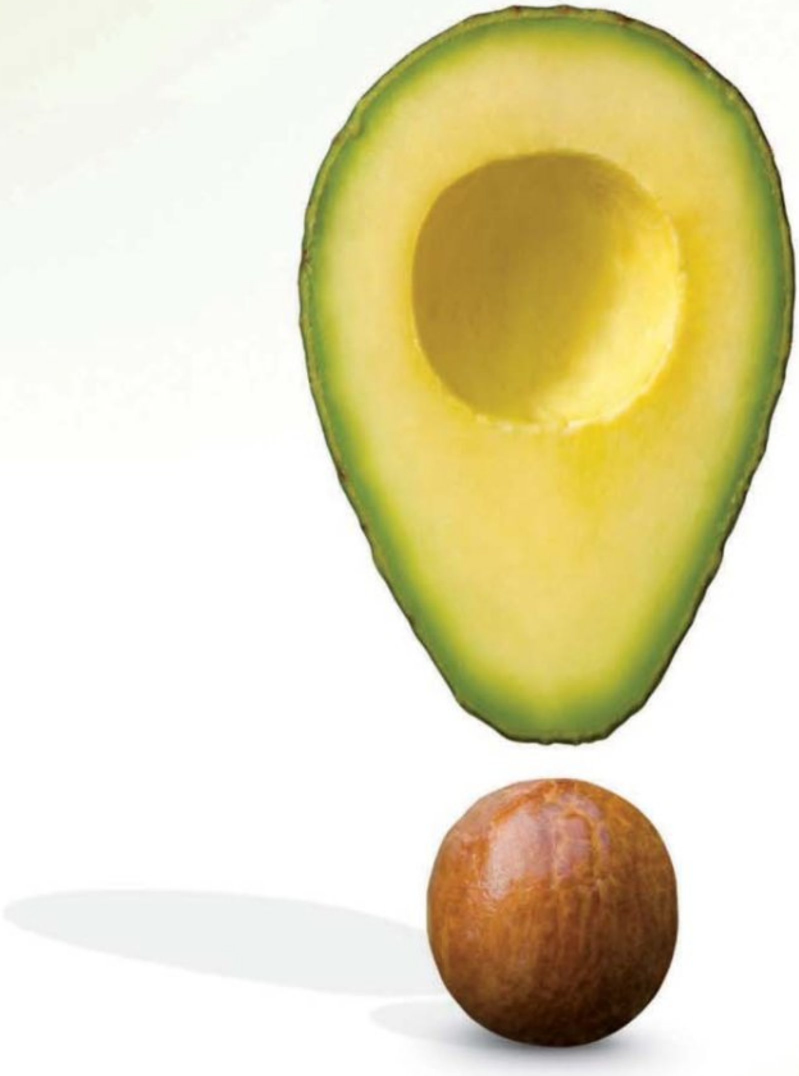

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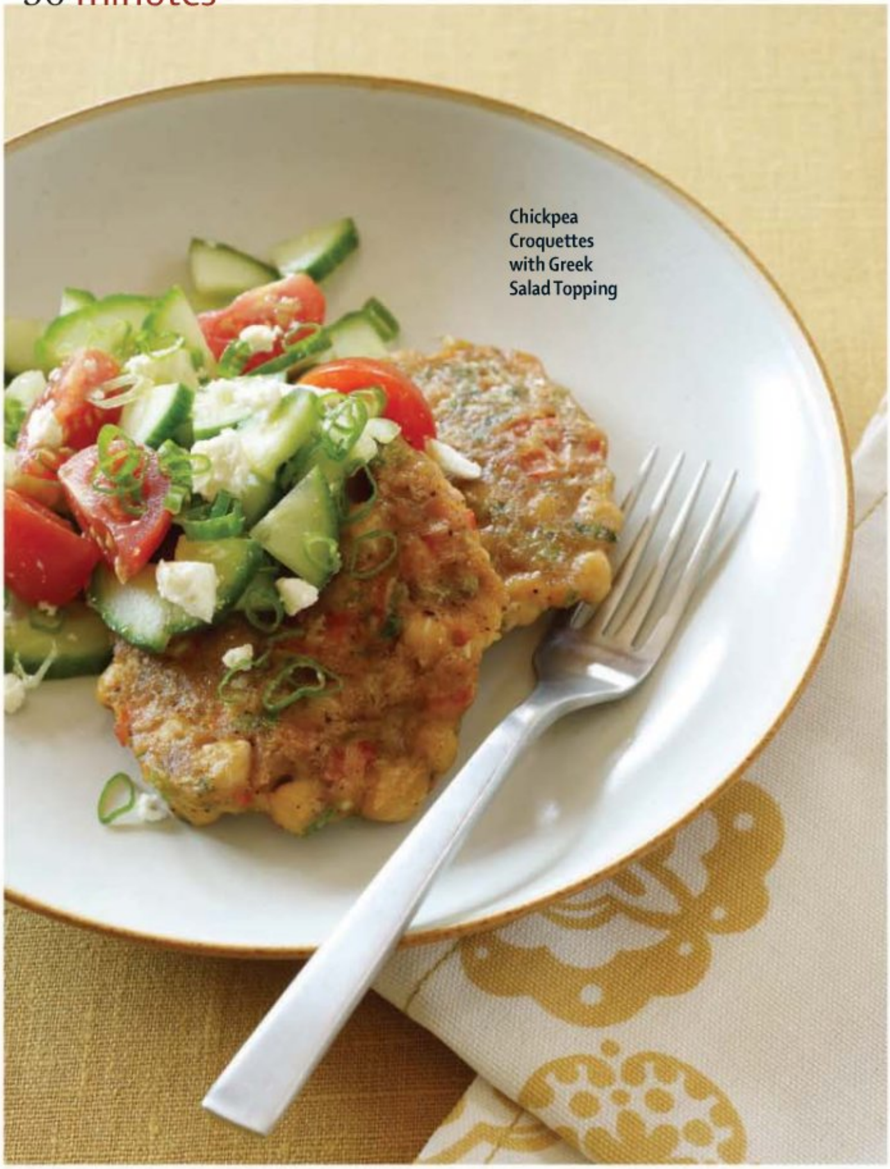

Chickpea Croquettes with Greek Salad Topping

Stir in remaining ingredients, and season with salt and pepper, if desired.

3. Coat nonstick skillet with cooking spray; heat over medium heat. Scoop 4 ¼-cup dollops of chickpea mixture into skillet, and reduce heat to medium-low. Cook 3 to 4 minutes, or until golden. Flip with spatula, and cook 3 to 4 minutes more. Repeat with remaining chickpea mixture. Serve each Croquette topped with ¼ cup Topping.

PER SERVING (2 CROQUETTES WITH TOPPING): 314 CAL; 12 G PROT; 11 G TOTAL FAT (1 G SAT FAT); 45 G CARB; 0 MG CHOL; 534 MG SOD; 9 G FIBER; 6 G SUGARS

Tasty Tofu Patties

SERVES 4 | VEGAN | 30 MINUTES OR FEWER

This recipe cooks up even quicker when you use pregrated carrots.

- ¼ cup vegan mayonnaise
- ¼ cup finely chopped onion
- ¼ cup chopped parsley
- 2 tsp. dried tarragon
- 1 tsp. Dijon mustard
- 1 14-oz. pkg. firm tofu, drained
- 1 4-oz. can sliced mushrooms, rinsed, drained, and finely chopped
- ⅓ cup grated carrots
- 4 sun-dried tomatoes in oil, drained and finely chopped
- 1 cup breadcrumbs
- 1 16-oz. jar prepared tomato sauce

1. Whisk together mayonnaise, onion, parsley, tarragon, and mustard in bowl. Mash tofu into mixture with fork. Stir in mushrooms, carrots, and sun-dried tomatoes. Fold in breadcrumbs.

2. Heat large skillet coated with cooking spray over medium heat. Scoop tofu mixture onto hot skillet in ¼-cup dollops, and reduce heat to medium-low. Cook 5 to 7 minutes, or until patties are golden. Flip patties, and cook 4 to 5 minutes more. Transfer to plate, and keep warm. Repeat with remaining tofu mixture until you have 8 patties. Transfer to plates, and serve each patty topped with ¼ cup tomato sauce.

PER SERVING (2 PATTIES WITH SAUCE): 391 CAL; 15 G PROT; 19 G TOTAL FAT (3 G SAT FAT); 39 G CARB; 0 MG CHOL; 852 MG SOD; 6 G FIBER; 12 G SUGARS

Chickpea Croquettes with Greek Salad Topping

SERVES 4 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Whole chickpeas give these sautéed croquettes a hearty texture.

TOPPING

- 1 cucumber, quartered and sliced (1 cup)
- 1 cup cherry tomatoes, quartered
- 2 green onions, chopped
- 2 Tbs. lemon juice
- 1 Tbs. olive oil
- ½ cup crumbled low-fat vegan feta cheese, optional

CROQUETTES

- 1 cup chickpea flour
- 2 tsp. ground cumin
- 1 tsp. chili powder
- ½ tsp. salt
- 1 15-oz. can chickpeas, rinsed and drained
- 4 green onions, chopped (½ cup)
- ½ cup diced red bell pepper
- ¼ cup chopped fresh parsley
- 2 Tbs. lemon juice
- 1 Tbs. olive oil
- 2 cloves garlic, minced (2 tsp.)

1. To make Topping: Toss together cucumber, tomatoes, green onions, lemon juice, and oil in bowl. Gently stir in feta crumbles. Season with salt and pepper, if desired, and set aside.

2. To make Croquettes: Whisk together chickpea flour, cumin, chili powder, and salt in bowl. Whisk in ¾ cup hot water.

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NO SALT ADDED
NET WT 25 OZ
(1 LB 9 OZ) 709g
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Asian Vegetable Cakes with Crunchy Cabbage Salad

SERVES 6 | 30 MINUTES OR FEWER

A can of split pea soup is the secret binding ingredient that also gives these patties a protein boost.

CAKES

- 1 14.1-oz. can vegetarian split pea soup, such as Trader Joe's Organic
- 2 large eggs
- ½ cup cornmeal
- 1 cup sugar snap peas, coarsely chopped
- 1 cup julienned or grated carrots
- ½ cup fresh or frozen corn kernels
- 4 green onions, white and green parts chopped (½ cup)
- 2 Tbs. toasted sesame oil
- 2 tsp. tamari or soy sauce, such as San-J
- 2 tsp. grated fresh ginger
- Low-fat Asian salad dressing, such as Newman's Own, optional
- Sriracha chile sauce, optional

SALAD

- 4 cups thinly sliced napa cabbage
- 1 cup julienned or grated carrots
- ½ cup chopped green onions
- ¼ cup low-fat Asian dressing, such as Newman's Own

1. To make Cakes: Whisk together soup and eggs in bowl. Stir in cornmeal, then sugar snap peas, carrots, corn, green onions, oil, tamari, and ginger. Season with salt and pepper, if desired.
2. To make Salad: Toss together all ingredients in bowl. Season with salt and pepper, if desired. Set aside.
3. Heat nonstick skillet coated with cooking spray over medium heat. Scoop pea mixture onto skillet in ¼-cup dollops, and cook 5 minutes, or until golden on one side. Flip, and cook 5 minutes more. Transfer to plate, and repeat with remaining pea mixture until you have 12 Cakes.
4. To serve: Divide Salad among plates. Top each serving with 2 Cakes. Serve with Asian dressing and sriracha, if using.

PER SERVING (2 CAKES PLUS 1 CUP SALAD): 190 CAL; 7 G PROT; 8 G TOTAL FAT (1 G SAT FAT); 24 G CARB; 71 MG CHOL; 448 MG SOD; 4 G FIBER; 7 G SUGARS

Curried Sweet Potato Fritters

SERVES 6 | GLUTEN FREE | 30 MINUTES OR FEWER

These Indian-inspired fritters also make great hors d'oeuvres—simply use scant 1-tablespoon dollops of the fritter mixture when cooking, and skip the bed of spinach.

FRITTERS

- 3 large eggs
- ½ cup fine yellow cornmeal
- 2 Tbs. curry powder
- 1 tsp. grated fresh ginger
- 1 large sweet potato, peeled and grated (4 cups)
- ½ cup finely diced onion
- ½ cup frozen green peas, thawed
- 2 Tbs. poppy seeds, optional
- ¼ cup mango chutney

WILTED SPINACH

- 12 cups baby spinach
- ¼ cup lemon juice

1. To make Fritters: Whisk together eggs, cornmeal, curry powder, and ginger in large bowl. Stir in sweet potato, onion, peas, and poppy seeds, if using. Season with salt and pepper, if desired.
2. Heat large skillet coated with cooking spray over medium heat. Scoop sweet potato mixture onto hot skillet in ¼-cup dollops, and reduce heat to medium-low. Cook 4 to 5 minutes, or until golden brown. Flip, and cook 4 to 5 minutes more, or until golden brown on second side. Transfer to plate, and keep warm. Repeat with remaining sweet potato mixture until you have 12 Fritters.
3. Meanwhile, prepare Wilted Spinach: Heat large pot or Dutch oven over medium-high heat. Add spinach in batches, and cook 2 to 3 minutes, or until leaves are wilted, but still bright green. Season with salt and pepper, if desired.
4. To serve: Divide spinach among 6 serving plates, and drizzle with lemon juice. Top each serving with 2 Fritters, and garnish each with 1 tsp. mango chutney.

PER SERVING (2 FRITTERS PLUS ¼ CUP WILTED SPINACH): 197 CAL; 7 G PROT; 4 G TOTAL FAT (1 G SAT FAT); 37 G CARB; 106 MG CHOL; 437 MG SOD; 7 G FIBER; 14 G SUGARS

Autumn Wild Rice Rissoles

SERVES 6 | 30 MINUTES OR FEWER

What's a rissole? The name comes from the French word *rissoler*, meaning "to brown." These yummy wild rice patties are studded with herbs, pecans, and dried cranberries, and browned to crispy perfection. Don't be daunted by all the fresh herbs on the ingredients list; most supermarkets stock a fresh herb mix that contains just enough sage, thyme, and rosemary for this recipe.

- 1 cup cooked wild rice
- 1 cup cooked brown or basmati rice
- ½ small red onion, finely chopped (½ cup)
- ½ cup dried cranberries
- ½ 6-oz. jar marinated artichoke hearts, drained and coarsely chopped (½ cup)
- ¼ cup chopped toasted pecans
- 2 Tbs. olive oil, plus more for cooking patties
- 2 Tbs. chopped fresh sage
- 1 tsp. fresh thyme leaves
- 1 tsp. chopped fresh rosemary
- 3 large eggs, lightly beaten
- 1 cup saltine cracker crumbs or crushed rice crackers
- ¾ cup chunky cranberry sauce

1. Stir together wild rice, brown rice, onion, dried cranberries, artichoke hearts, pecans, oil, sage, thyme, and rosemary in large bowl. Fold in eggs, then cracker crumbs. Season with salt and pepper, if desired. Shape mixture into 12 ¼-cup patties. (At this point, rissoles can be chilled up to 24 hours.)
2. Heat 1 tsp. olive oil in nonstick skillet over medium heat. Add 4 patties to hot skillet, and cook 3 to 4 minutes, or until browned and crispy on 1 side. Flip patties, and cook 3 to 4 minutes more, or until browned and crispy on second side. Repeat with remaining patty mixture until you have 12 patties. Serve each patty topped with 1 Tbs. cranberry sauce.

PER SERVING SIZE (2 RISSOLES WITH SAUCE): 336 CAL; 7 G PROT; 15 G TOTAL FAT (2 G SAT FAT); 47 G CARB; 106 MG CHOL; 210 MG SOD; 4 G FIBER; 17 G SUGARS

Circle reply #30 on Info Center card

BY Alison Ashton

AUTUMN VEGETABLE TAGINE, p. 42

comeback kid

Have no fear, the new, improved pressure cookers are here

Long before there were microwaves, folks used pressure cookers to get supper on the table in a hurry. But vintage models had a bit of a bad reputation: take the scene in *Breakfast at Tiffany's* when Holly Golightly's chicken erupts all over the kitchen. It was enough to give anyone pause.

Now, pressure cookers are back—and better than ever. New models boast improvements such as secure-lock lids and quick-release functions while still cooking ingredients faster than stove-top simmering (brown rice and dried beans can be ready in 15 minutes, for example). Read on for our foolproof advice, plus tasty recipes, to master the art of the easy, eco-friendly dinner.

5 SECRETS TO SUCCESS

1. Fill a pressure cooker two-thirds full, max, and only halfway for items that expand and foam, such as beans and grains.

2. When adapting recipes for a pressure cooker, start by cutting cooking times by one-third.

3. Time your cooking from the moment the cooker reaches pressure.

4. Always tilt the lid away from you when opening—the steam is hot.

5. To store your pressure cooker, dry it well, and set the lid on it upside down to prevent trapping smells in the cooker.

KUHN RIKON DUROMATIC, FROM KUHNRIKON.COM; ORANGE GLASSES, FROM NICKEYKEHOE.COM

PHOTOGRAPHY Carin Krasner FOOD STYLING Valerie Aikman-Smith PROP STYLING Jennifer Flanagan

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Spanish Wheat Berry Salad

Spanish Wheat Berry Salad

SERVES 6

Wheat berries, also called hard wheat berries, are wheat grains from which the inedible hull has been removed. Toasting the grains before cooking enhances their nutty, chewy quality. Serve this salad warm, at room temperature, or chilled.

- 6 Tbs. olive oil, divided
- 1½ cups wheat berries, rinsed and drained
- 1 Tbs. sherry vinegar
- 1 Tbs. lemon juice
- 1 clove garlic, minced (1 tsp.)
- 1 medium red bell pepper, chopped (1 cup)
- ¼ cup chopped toasted almonds
- ¼ cup chopped shallots
- ¼ cup chopped flat-leaf parsley
- ¼ cup (1 oz.) shaved manchego cheese or Pecorino Romano cheese, optional

1. Heat 1 Tbs. oil in 6-qt. pressure cooker over medium-high heat. Add wheat berries, and sauté 5 minutes, or until toasted. Add 4½ cups water. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 30 minutes. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Drain wheat berries.
2. Whisk together remaining 5 Tbs. oil, vinegar, lemon juice, and garlic in large bowl. Season with salt and pepper, if desired. Add wheat berries, bell pepper, almonds, shallots, and parsley, and toss to combine. Season with salt and pepper, if desired. Sprinkle with cheese, if using.

PER 1-CUP SERVING: 331 CAL; 8 G PROT; 17 G TOTAL FAT (2 G SAT FAT); 37 G CARB; 0 MG CHOL; 102 MG SOD; 6 G FIBER; 3 G SUGARS

30-Minute Marinara Sauce

MAKES 1 QT. | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Turn season's-end tomatoes into a tasty sauce for pasta or for Stuffed Cabbage with Brown Rice and Vegetable Sausage (p. 40). Cracked red pepper gives this marinara sauce a spicy bite, but you can replace it with ground black pepper. The sauce freezes well, so make a big batch and use for fresh tomato flavor throughout the fall.

- ¼ cup olive oil
- 1 medium onion, chopped (2 cups)
- 1 small carrot, shredded (½ cup)
- 3 cloves garlic, minced (3 tsp.)
- 3 lb. tomatoes, seeded and coarsely chopped (7 cups)
- 2 tsp. dried oregano
- 2 tsp. salt
- ½ tsp. cracked red pepper
- 1 Tbs. white wine vinegar

1. Heat oil in pressure cooker over medium-high heat. Add onion, carrot, and garlic; sauté 5 minutes, or until onion is tender. Add tomatoes, oregano, salt, and red pepper. Lock lid in place. Bring cooker to high pressure over high heat. Reduce heat, and cook 15 minutes at high pressure. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape.
2. Purée tomato mixture in batches in food processor, or use an immersion blender to purée mixture in cooker. Stir in vinegar, and season with salt and pepper, if desired.

PER ½-CUP SERVING: 111 CAL; 2 G PROT; 7 G TOTAL FAT (1 G SAT FAT); 12 G CARB; 0 MG CHOL; 596 MG SOD; 3 G FIBER; 6 G SUGARS

STONE BOWL, FROM SINGH IMPORTS; WOODEN TRAY, FROM SHELTERFURNITURE.COM; NAPKIN, FROM LIBECO.COM

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Circle reply #3 on Info Center card

Stuffed Cabbage with Brown Rice and Vegetable Sausage

SERVES 6 | VEGAN

Because a pressure cooker holds in the cooking steam, it minimizes the pungent smell that often goes with cooking cabbage. Serve with 30-Minute Marinara Sauce (p. 38).

- 1 cup uncooked brown rice, rinsed and drained
- 1 Tbs. olive oil
- 8 oz. mushrooms, chopped (3 cups)
- 1 small onion, diced (1 cup)
- 2 cloves garlic, minced (2 tsp.)
- 8 oz. vegetarian sausage, such as Gimme Lean Ground Sausage
- ½ cup chopped toasted walnuts
- ½ tsp. caraway seeds
- ¼ tsp. cayenne pepper or hot paprika
- 12 large green or Savoy cabbage leaves

1. Combine rice and 1½ cups water in 6-qt. pressure cooker. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 15 minutes or until rice is tender. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Drain rice, if necessary. Transfer rice to large bowl; set aside.

2. Meanwhile, heat oil in large skillet over medium-high heat. Add mushrooms, onion, and garlic; sauté 5 minutes, or until onion is soft and liquid from mushrooms has evaporated. Add sausage, and cook 5 minutes, stirring to crumble sausage. Stir sausage mixture, walnuts, caraway, and cayenne into rice. Season with salt and pepper, if desired.

3. Bring 8 cups water to a boil in pressure cooker. Add cabbage leaves to boiling water. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 30 seconds, or until cabbage is tender. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Drain cabbage, and rinse under cool water; drain again. Trim away and discard tough white vein at base of each leaf. Pat leaves dry.

4. Spoon ⅓ cup rice mixture in center of each cabbage leaf. Fold sides over, and roll up. Fill pressure cooker with 1 inch of water, and add steamer basket insert. Place cabbage rolls seam-side down in steamer basket. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 10 minutes. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Serve with 30-Minute Marinara or your favorite tomato sauce.

PER SERVING (2 ROLLS): 283 CAL; 13 G PROT; 10 G TOTAL FAT (1 G SAT FAT); 38 G CARB; 0 MG CHOL; 311 MG SOD; 6 G FIBER; 5 G SUGARS

PRESSURE-RELEASE PRIMER

Depressurizing a pressure cooker isn't rocket science; all you have to do is cool down the pot or let off the steam.

Natural release Simply remove the cooker from the heat source, and let the pressure drop naturally. This can take anywhere from 5 to 20 minutes. **Best for** Soups and stews where cooking time doesn't have to be exact.

Automatic quick release Available on most modern pressure cookers; press the button to release pressure in up to 5 minutes. **Best for** Vegetables, to stop cooking, or for items that need to be checked for doneness.

Cool-water release Transfer the cooker to the sink, and run cool water over the rim to release pressure in 2 to 3 minutes. **Best for** Older models that don't have a quick-release button.

BUYER'S GUIDE

Here are the three most important features to look for in a pressure cooker, plus a rundown of some of our favorite models:

Stainless steel These cost a bit more than aluminum, but they're sturdy and nonreactive—perfect for browning or sautéing ingredients before initiating the pressure.

15 psi This means the cooker provides 15 pounds of pressure per square inch (psi), the norm for high-pressure cooking. Some models have settings of 8 psi (low—good for vegetables) as well.

6- or 8-quart capacity This size is plenty big for everyday family cooking; 10-quart models are best for cooking large quantities.

Kuhn Rikon Duromatic 6.3-qt. stainless steel stockpot $230
PROS Sleek and attractive; quiet; two pressure levels; easy-to-read pressure indicator
CONS Handles get hot; manual quick-release button

Cuisinart 6-qt. Electric Pressure Cooker $149
PROS Ideal for frequent use. Unit has automatic timer, pressure selection, and pressure release
CONS A big appliance; takes up a lot of counter or cabinet space

Fagor Duo 6-qt. stainless steel $119.95
PROS Two pressure levels; bright yellow pop-up pressure indicator; convenient automatic quick pressure release; quiet
CONS Heavy for its size

Presto 6-qt. stainless steel $74.99
PROS Affordable, solid, basic
CONS No automatic pressure-release function

Circle reply #31 on Info Center card

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Autumn Vegetable Tagine

SERVES 6 | VEGAN

This recipe shows you how to quick-soak dried chickpeas in a pressure cooker in about 5 minutes—a good technique to know because you can use it with any dried bean. When cooking beans, adding a tablespoon of oil to the pressure cooker minimizes foaming. This dish calls for harissa, a North African chile paste available in Middle Eastern markets and some supermarkets. If you can't find harissa, substitute sriracha sauce and ¼ tsp. each of ground cumin and ground coriander. To make the tagine gluten free, substitute quinoa for the couscous.

- 1 cup dried chickpeas, rinsed and drained
- 2 Tbs. olive oil
- 1 small onion, chopped (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 1 medium butternut squash, peeled and cubed (3½ cups)
- 1 lb. collard greens, coarsely chopped (8 cups)
- 1 lb. plum tomatoes, seeded and coarsely chopped (2 cups)
- 1 Tbs. harissa
- 1 10-oz. pkg. whole-wheat couscous
- 2 Tbs. chopped cilantro
- Lemon wedges, for garnish

1. Combine chickpeas and 4 cups water in pressure cooker; bring to a boil. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 2 minutes. Release pressure using automatic pressure release, or carefully transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Rinse and drain chickpeas. Set aside.

2. Heat oil in pressure cooker over medium-high heat. Add onion and garlic; sauté 3 minutes, or until onion is soft. Add chickpeas and 3 cups water. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 15 minutes. Release pressure using automatic pressure release, or transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape.

3. Stir in squash and collards. Lock lid in place. Bring to high pressure over high heat. Reduce heat, and cook 5 minutes. Release pressure using automatic pressure release, or transfer cooker to sink, and run cool water over rim of lid. Remove lid, tilting away from you to let steam escape. Stir in tomatoes; cover, and let stand 5 minutes. Stir in harissa. Season with salt and pepper, if desired.

4. Meanwhile, prepare couscous according to package directions. Fluff with fork. Serve tagine over couscous. Sprinkle with cilantro, and garnish with lemon wedges.

PER SERVING (1⅓ CUPS TAGINE; ¾ CUP COUSCOUS): 414 CAL; 16 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 74 G CARB; 0 MG CHOL; 142 MG SOD; 16 G FIBER; 8 G SUGARS

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BY Michael Kaminer

PHOTO: MICHAEL NEUGEBAUER COURTESY THE JANE GOODALL INSTITUTE

one-on-one with Jane Goodall

Nearly 50 years after she first joined legendary anthropologist Louis Leakey to study chimps in Africa, Jane Goodall, PhD, remains a force of nature herself. As leader of the international Jane Goodall Institute (janegoodall.org)—which she founded in 1977 to protect primates and their habitats—she travels the world teaching about the interconnectedness of all life and how we can help overcome ecological crises. Her 17th book, *Hope for Animals and Their World,* offers a renewed optimism about animals, humans, and our future together. *VT* caught up with Goodall, 75, a longtime vegetarian, at her family home in Bournemouth, England.

Q In the book's foreword, coauthor Thane Maynard writes, "I really have no idea why Jane and I are so disproportionately buoyant in such a time of loss." Where *does* your hope come from?

A Because of my endless traveling and the people I meet, I get told the good stories as well as the bad. One person I met, Don Merton in New Zealand, saved a bird called the black robin from extinction when [in 1976] only seven birds were left—there are about 600 or something now. I've seen with my own

"If you give nature a chance, she can bloom, even though we've destroyed a whole ecosystem, basically."

eyes that if you give nature a chance, she can bloom, even though we've destroyed a whole ecosystem, basically.

Q You write about "symbols of hope" you've collected—a leaf, a feather, tree bark. What symbols can we find in our own backyards?

A A symbol of hope could be a little plant coming up through concrete. You can treasure a child who's survived cancer. There are all kinds of symbols.

Q What changes can we make in our own lives to perpetuate the arc of hope you write about?

A The most important thing is changing the meat diet. And eat organic as much as possible. Buy locally grown foods. Boosting small farmers and family farms is incredibly important.

Q During your travels, you must have sampled some exotic vegetarian dishes. Can you recall your favorite?

A There is one I loved best. I was literally in the middle of nowhere, in a forest in the northern Republic of Congo, visiting people studying chimps. We were out one evening in the forest with pygmy trackers. They picked these orange mushrooms, along with a large leaf from a low-lying plant—I have no idea of its name. They cooked them together; the leaves made a kind of broth. It was absolutely delicious, and the vibrant orange and green colors were so beautiful. And it was definitely vegetarian.

Q In your new book, you write about a connection to nature you felt growing up. You still live in your childhood home. Is that connection still there?

A Yes, absolutely. There are the same trees I climbed as a child. I see the same birds—or the descendants thereof. There are fewer insects, which is worrying. And some bird species are gone, which is also worrying. But that doesn't mean they can't come back.

New York–based writer Michael Kaminer considers squirrels in Manhattan's Union Square Park a symbol of hope.

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Circle reply #10 on Info Center card

BY Laraine Perri

We've fallen hard for these versatile nut and spice mashups

If you've ever found yourself unable to stop snacking on a bowl of smoked almonds or picking through a salad to find all the bits of a crunchy topping, then you know how addictive a toasty-spicy-nutty combination can be. Crushing roasted nuts and spices takes the combined ingredients to the next level by releasing their essential oils and, with them, intense flavors. The crush blends that follow can be used to produce tasty toppers for steamed or roasted vegetables, luscious crumbles for yogurt and fruit, spice crusts for tofu or cheese, and delicious dunks for bread.

crush-worthy

HAZELNUTS | PISTACHIOS | SESAME SEEDS | CORIANDER SEEDS | CUMIN SEEDS

Hazelnut and Pistachio Dukka

MAKES 1½ CUPS

VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

Dukka is an Egyptian blend of nuts and spices that's traditionally served as a bread "dip" with olive oil. You can also dust it over tofu steaks or add it to steamed greens.

- ⅓ cup raw hazelnuts
- ¼ cup raw shelled pistachios
- ⅓ cup sesame seeds
- ¼ cup coriander seeds
- 2 Tbs. cumin seeds

1. Preheat oven to 375°F. Spread hazelnuts and pistachios on baking sheet, keeping separate. Roast 5 minutes. Transfer pistachios to bowl, and continue roasting hazelnuts 2 minutes more, or until nuts are golden. Transfer hazelnuts to clean towel. Cool 5 minutes, then rub skins off with towel.
2. Toast sesame seeds in skillet over medium-low heat 1 to 2 minutes, or until light brown, shaking pan constantly. Set aside 1 Tbs. sesame seeds. Repeat with coriander seeds, then cumin seeds, toasting each until just fragrant. Toss nuts and seeds together, and cool.
3. Coarsely grind spice-nut mixture ¼ cup at a time in spice mill or coffee grinder until lightly crushed. Add remaining 1 Tbs. sesame seeds, and season with salt and pepper, if desired.

PER ¼-CUP SERVING: 139 CAL; 4 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 7 G CARB; 0 MG CHOL; 6 MG SOD; 4 G FIBER; <1 G SUGARS

PHOTOGRAPHY Purcell & Gotch

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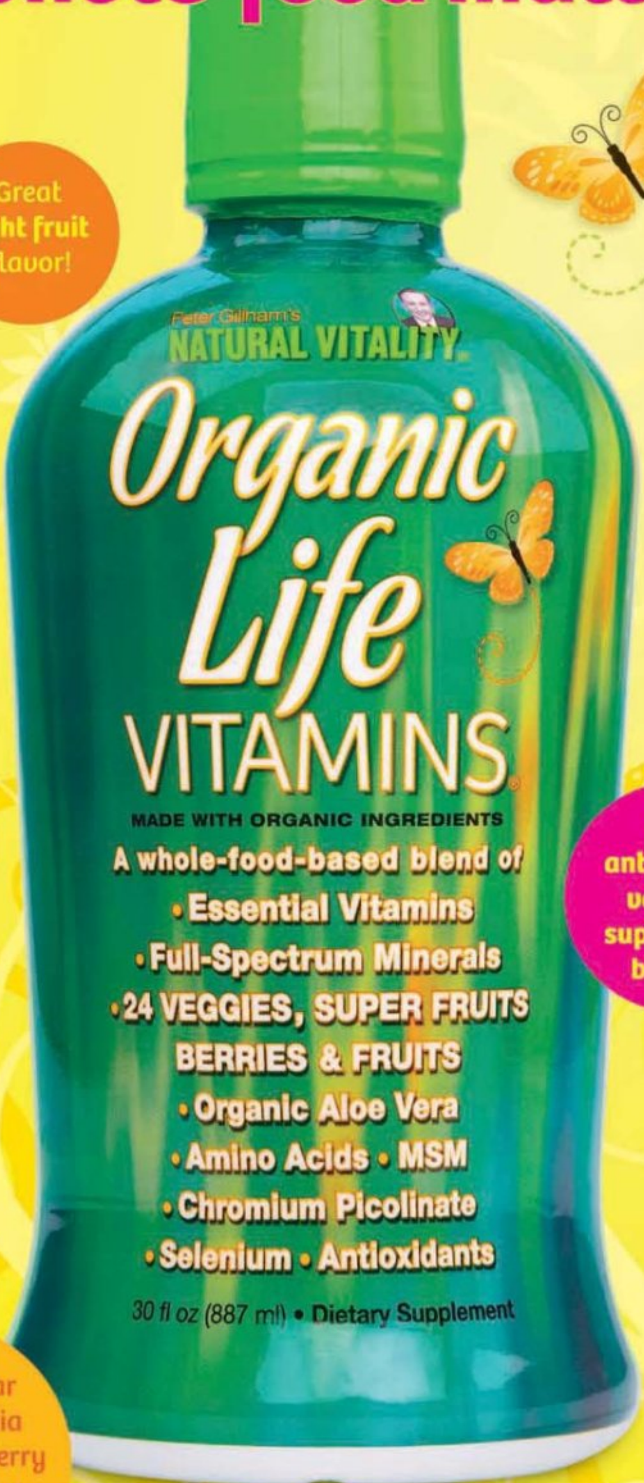

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MAKES ⅓ CUP

VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

This spice "dust" adds depth to roasted vegetables and is especially good on sweet potatoes and eggplant. You can also use it to sprinkle over a bowl of soup or stir into hummus.

FENNEL SEEDS — CORIANDER SEEDS — WHITE PEPPERCORNS — CINNAMON — PAPRIKA

- ¼ cup whole fennel seeds
- 2 tsp. coriander seeds
- ½ tsp. white peppercorns
- ½ tsp. ground cinnamon
- ¼ tsp. paprika

1. Toast fennel seeds, coriander seeds, and peppercorns in dry skillet over medium heat 2 to 3 minutes, or until just fragrant and lightly toasted. Transfer to small plate. Cool.
2. Grind mixture in spice mill or coffee grinder until just short of fine powder. Transfer to small bowl. Stir in cinnamon and paprika, and season with dash of kosher salt, if desired.

PER 1-TBS. SERVING: 19 CAL; <1 G PROT; <1 G TOTAL FAT (<1 G SAT FAT); 3 G CARB; 0 MG CHOL; 4 MG SOD; 2 G FIBER; <1 G SUGARS

Smokehouse Crushed Almonds

MAKES 1 CUP

VEGAN | GLUTEN FREE

30 MINUTES OR FEWER

Try this crush as a crust for goat cheese; sprinkle it on salads, broccoli, or green beans; or dust over grilled fruit for a spicy-sweet treat. For smoky flavor with less kick, use ancho chile powder instead of chipotle powder.

OLIVE OIL — DARK BROWN SUGAR — SWEET SMOKED PAPRIKA — CHIPOTLE POWDER — RAW ALMONDS

- 2 tsp. olive oil
- 1 tsp. dark brown sugar
- 1 tsp. sweet smoked paprika
- ½ tsp. ground chipotle powder
- 1 cup raw almonds

Preheat oven to 300°F. Line baking sheet with parchment paper. Combine oil, brown sugar, paprika, and chipotle powder in medium bowl. Add almonds, and toss to coat with spice mixture. Transfer to prepared baking sheet. Bake 20 minutes, or until lightly toasted and fragrant. Season with salt, if desired. Cool. Pulse mixture in food processor several times, or until coarsely chopped.

PER ¼-CUP SERVING: 240 CAL; 8 G PROT; 20 G TOTAL FAT (2 G SAT FAT); 9 G CARB; 0 MG CHOL; 4 MG SOD; 5 G FIBER; 3 G SUGARS

Pumpkin Seed Brittle

MAKES 1 CUP | GLUTEN FREE

This easy topping is sure to impress guests as a dramatic finish for ice cream. For everyday use, crumble brittle over yogurt, or shower it over baby greens with pears and blue cheese.

BUTTER — SUGAR — LIGHT CORN SYRUP — BAKING SODA — PUMPKIN SEEDS

- 2 Tbs. unsalted butter, plus additional for greasing pan
- 1 cup sugar
- ¼ cup light corn syrup
- ¼ tsp. baking soda
- 1 cup hulled, raw (green) pumpkin seeds

1. Line baking sheet with parchment paper, and grease with butter.
2. Combine sugar and ¼ cup water in saucepan. Add corn syrup and butter, and bring to a simmer over medium-high heat—watch carefully, as mixture will foam. Simmer 10 minutes, or until mixture turns light caramel color, swirling pot often. Remove from heat, and stir in baking soda and pumpkin seeds. Add dash of salt, if desired.
3. Pour onto prepared baking sheet, spreading with back of wooden spoon. Let cool and harden. Break into pieces, and store in airtight container.

PER ⅛-CUP SERVING: 285 CAL; 6 G PROT; 14 G TOTAL FAT (4 G SAT FAT); 37 G CARB; 9 MG CHOL; 50 MG SOD; <1 G FIBER; 28 G SUGARS

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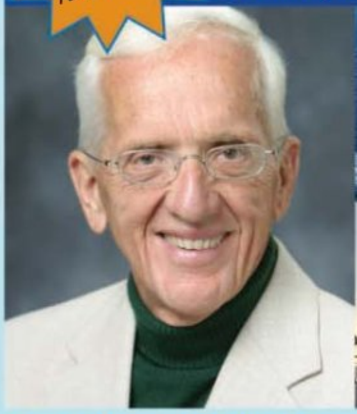

Special Guest: T. Colin Campbell, Ph. D.

Research scientist and university professor Dr. T. Colin Campbell is author of the best selling book, *The China Study: The Most Comprehensive Study of Nutrition Ever Conducted and the Startling Implications for Diet, Weight Loss and Long Term Health*. Dr. Campbell holds an Honorary Professorship at the Chinese Academy of Preventive Medicine, is on the Board of Directors of the Chinese Institute of Nutritional Sciences, and is director of T. Colin Campbell Foundation.

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Chef Bryant Terry
Bryant Terry is the author of *Vegan Soul Kitchen: Fresh, Healthy, and Creative African American Cuisine*. Featured in *Gourmet* and many other publications and called "ingenious" by *The New York Times Magazine*, Bryant's first book, *Grub: Ideas for an Urban Organic Kitchen*, won a 2007 Nautilus Book Award.

Dr. Neal Barnard
Neal Barnard, M.D. is an internationally known integrative medicine researcher, founder of Physician's Committee for Responsible Medicine and author of the vegetarian classic *Food for Life*. Be a part of PCRM's 25th Anniversary celebration! www.PCRM.org.

Marilu Henner
Award winning star of stage, screen and TV and New York Times best-selling author of seven health and fitness books including *Marilu Henner's Total Health Makeover*. On Marilu.com she teaches classes based on her books, and her series *Shape Up Your Life* is currently seen on The Discovery Network's FitTV.

Dr. Joel Fuhrman
Joel Fuhrman, M.D. is a family physician specializing in nutritional medicine and author of six books, including his best-selling *Eat to Live* and *Eat For Health*. His successes in reversing an array of medical conditions with nutritional interventions have led to his involvement in ongoing medical research trials.

Christina Pirello
Christina is a nationally known vegetarian/vegan chef, Emmy Award-winning TV celebrity hosting her own show, "Christina Cooks," and author of several best-selling cookbooks such as *Cooking the Whole Foods Way*, *Glow*, and her latest, *This Crazy Vegan Life*.

Yogi Amrit Desai
Renowned Yoga master and authority on holistic living. One of the earliest pioneers to bring Yoga to the West. Founder of the Kripalu Center for Yoga and Health. A prolific author, some of his books include *Amrit Yoga* and *Expand and Experience the Spiritual Depth of Yoga*.

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The Bone ULTIMATUM

EMPOWERING EXTRAORDINARY HEALTH™

If you're 50 or older, you could be in greater danger of suffering an unexpected fracture…but there are steps you can take to build bone density instead of steadily losing it.

In 2004, the U.S. Surgeon General rocked the medical community. America's top doctor at the time, Richard H. Carmona, M.D., released the *2004 Bone Health Report*, which warned that if we don't change our lifestyle habits by 2020 half of American citizens older than 50 years of age would be at risk of fractures from osteoporosis.

Notice that Dr. Carmona did not say that those over 50 would be at risk of developing osteoporosis, but of experiencing *fractures* from active osteoporosis. The report's thesis statement—that widespread and serious bone health issues will likely happen at the relatively young age of 50—has worrisome implications…especially if 50 is the new 40.

We tend to think of bone health as it relates to the elderly, but bone health—and more appropriately bone mineral loss—should be a concern at all ages of life. So, if you are over 30, the age that is associated with end of the "bone growth" stage of life and the onset of normal age-related bone mineral loss, then the Surgeon General's report should be particularly alarming to you. Thankfully, Dr. Carmona and his team of medical experts laid out a three-part plan to address the alarming trends described in this report.

The plan includes improved diet, exercise and health literacy. Particular attention was paid to calcium and vitamin D. The FDA concurs evidenced by its approved health claim that adequate calcium and vitamin D intake, when combined with physical activity and a healthful diet, may reduce the risk of osteoporosis later in life.

Of course, many people looking to boost their bone health choose to supplement their diets. It is in this area that one of the most common myths associated with bone health is found.

The Calcium Myth

If you want healthy bones, all you need is calcium, right? That is the sum total of many people's knowledge of bone health nutrition. Thousands of manufacturers of calcium supplements would happily have you believe that first statement. That alone should make you wary. When thousands of companies profit from a single widely-held belief, it's probably time to question that belief.

Here is the truth. No calcium supplement, taken in the absence of other vitamins and minerals and without proper diet and exercise, has ever been proven in clinical studies to help you strengthen bones. The best that can be said is that calcium supplementation helps slow down or stop bone loss.†† While slowing bone loss is a great goal, it's a far cry from making them stronger and healthier by increasing bone mineral density.

As you will learn, there are several factors that go into actually building bone mineral density or growing bone. The source of your calcium is a key factor. Did you know that most calcium supplements are ground-up rocks or oyster shells? Of equal importance to the source of calcium are a host of other vitamins, minerals and trace elements that help calcium achieve its ultimate goal in the body.

The Grow Bone System†

There is good news on the horizon for the millions of women and men looking to slow normal bone loss that comes with aging. Garden of Life is proud to introduce their new Vitamin Code Grow Bone System with RAW Calcium and Growth Factor S.

Far from "just another calcium supplement" intended to reduce the risk of osteoporosis††, the Grow Bone System is intended to stimulate bone growth, increase bone strength and bone mineral density, and has been clinically demonstrated to do so.†

Bone Loss *IS A BIG DEAL*

No one plans on bone loss, so it's best to stop it before it starts.

Healthy adults—especially women over 40—can expect to experience normal bone loss. Adults lose approximately between .5 percent and 1 percent of their bone mineral density every year. While that doesn't sound like much, years of losing a seemingly small percentage of bone mineral density adds up, and if left unchecked, osteoporosis can occur.

Currently, osteoporosis leads to 1.5 million fractures per year, mostly in the hip, spine and wrist, according to the National Institutes of Health. The condition afflicts more than 44 million Americans—68 percent of them older women. For women, bone loss accelerates during and after menopause to about 5 percent for five to seven years, and then returns to 1-2 percent per year.

Simply put, women could lose a significant percent of their bone mass during their menopausal years alone. Additionally, one in three women past the age of 50 will suffer a vertebral fracture because her bones are brittle. Shrinking height is also a revealing sign of osteoporosis.

† These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

The RAW™ Truth About Bone Health

SKEPTICAL?
TAKE THE GROW BONE CHALLENGE
Clinical Studies = Confidence

In a six-month randomized, open label human clinical study, 176 women and men ages 18 to 85 consumed the ingredients in the Grow Bone System and followed a healthy eating plan and walking program. In just six months, participants experienced on average a statistically significant INCREASE in bone mineral density as evidenced by before and after full-body DEXA scans.

Confidence = Money Back Offer*

* Certain restrictions apply. For complete details see www.growbone.com

The RAW Calcium in the Grow Bone system is a patented form of marine algae known as *algas calcareas.sp*, which is sustainably harvested by hand off the pristine shores of remote South America. It is picked up in knee-deep ocean waters, rinsed in fresh water, dried in the sun, and then milled at low temperatures into a powder. This is the only raw, organic plant form of calcium that Garden of Life has ever found.

Sun-drenched and teeming with life, our bodies thrive on the nutrition that plants provide. The same will never be said of rocks. Additionally, and of particular importance for bone health, when you take a plant-form calcium supplement, you're getting far more than just calcium.

The consumption of bone-building co-factor minerals such as magnesium, silica, boron, vanadium and strontium have all been linked to healthy bones.† And all of them are naturally occurring in the RAW Calcium *algas calcareas.sp.*

In addition to the raw, organic, plant-formed calcium, Vitamin Code RAW Calcium also contains a host of other raw vitamins and minerals as well as live probiotics and enzymes. Raw Vitamin D_3, an important bone-building vitamin, is included in the amount of 1,600IU per serving.† Vitamin D_3 is vital to bone health and acts as a hormone to increase the absorption of calcium by up to 80%.† Emerging research has also shown that vitamin K_2 has important bone-health implications by ensuring that calcium gets to the bones where it belongs and not in the arteries, where calcium doesn't belong.† One thing you may want to note where vitamin K_2 is concerned is that there are two forms generally available in most supplements: MK-4 and MK-7. Vitamin Code RAW Calcium uses the MK-7 form, which lasts longer in the blood stream than MK-4.

The second formula in the Grow Bone System is Vitamin Code Growth Factor S, a combination of strontium, which is a critical bone-building mineral, along with probiotics, enzymes and raw organic fruits and vegetables.†

Clinical trials conducted on strontium found it most effective in supporting bone health when consumed at 680 mg per day—the same amount contained in Growth Factor S.

Take the Grow Bone Challenge and be sure to also eat a diet rich in calcium and vitamin D, and chances are that by 2020, no matter what your age, you'll be more likely to have strong, healthy bones.†

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AlgaeCal RAW *Clinical Strength*

AlgaeCal RAW is an ocean-derived raw, vegan, organic, whole food, plant form of Calcium naturally rich in 73 bone-building minerals and trace elements.

What Do You Have to Lose? Not Bone Anymore††… DOUBLE YOUR MONEY BACK OFFER*

Take the Grow Bone Challenge for Stronger, Healthier Bones†

To take the Grow Bone Challenge, you'll need to get a baseline full-body DEXA scan to assess your starting bone mineral density. Then you can start consuming Vitamin Code Raw Calcium along with Vitamin Code Growth Factor S daily, as directed, for a minimum of six consecutive months. Upon completion of the six-month protocol, you'll need to have a second full-body DEXA scan done to measure your results from the Grow Bone Challenge.

If your bones are not healthier, stronger and denser after at least 180 consecutive days as evidenced by a full-body DEXA scan, Garden of Life will refund not one month, not two, but *double* all six months of your Grow Bone System purchase plus your out-of-pocket costs for both full-body DEXA scans. We want you to feel the confidence we have in this system. We make you this amazing offer because we're assured of the Grow Bone System's ability to build bone density.†

***Certain restrictions apply. For complete details visit www.GrowBone.com**

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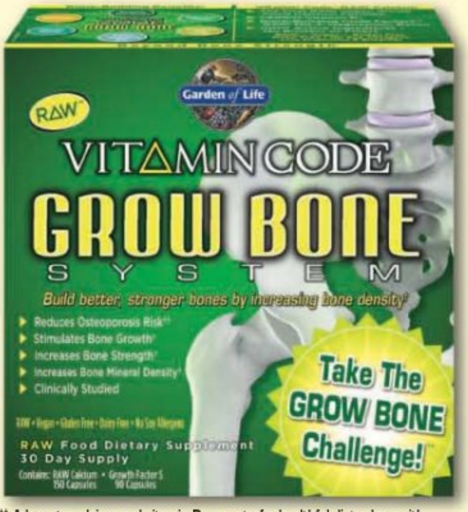
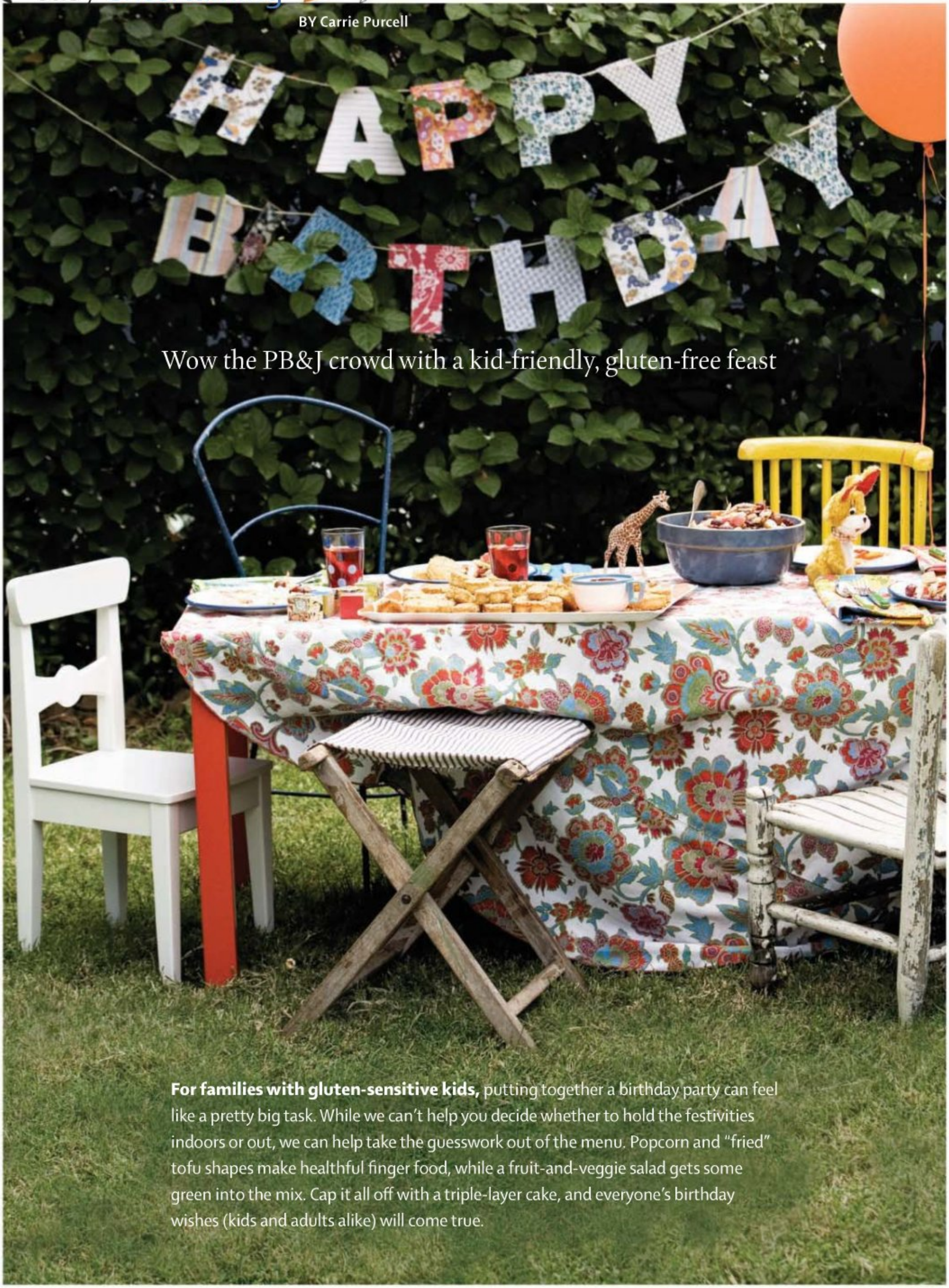


†† Adequate calcium and vitamin D as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis later in life.

Available at these fine reatilers and your local independent health food store

On October 10th at 10AM, Garden of Life will give away 30,000 Grow Bone Systems at participating retailers nationwide. Visit www.GrowBone.com for locations.



BY Carrie Purcell

Wow the PB&J crowd with a kid-friendly, gluten-free feast

For families with gluten-sensitive kids, putting together a birthday party can feel like a pretty big task. While we can't help you decide whether to hold the festivities indoors or out, we can help take the guesswork out of the menu. Popcorn and "fried" tofu shapes make healthful finger food, while a fruit-and-veggie salad gets some green into the mix. Cap it all off with a triple-layer cake, and everyone's birthday wishes (kids and adults alike) will come true.

PHOTOGRAPHY Purcell & Gotch FOOD STYLING Carrie Purcell PROP STYLING Emily Henderson

Brown Sugar–Cinnamon Popcorn

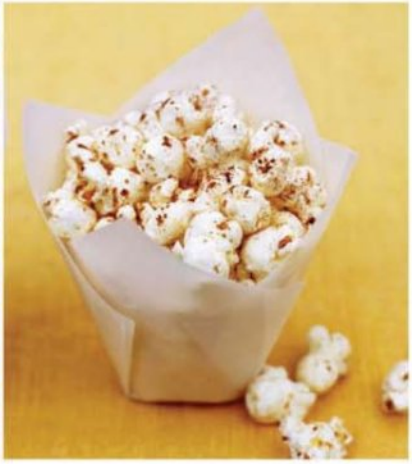
SERVES 12 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Skip the chips! This crunchy treat will satisfy kids' snack urges and still leave room for cake and ice cream.

- 6 cups air-popped popcorn or plain, unsalted microwave popcorn
- ¼ cup vegan margarine, melted
- ¼ cup brown sugar
- ¾ tsp. ground cinnamon

Toss popcorn with melted margarine. Sprinkle with brown sugar and cinnamon, and toss to coat.

PER ½-CUP SERVING: 67 CAL; <1 G PROT; 4 G TOTAL FAT (2 G SAT FAT); 8 G CARB; 0 MG CHOL; 42 MG SOD; <1 G FIBER; 5 G SUGARS



Tofu Shapes with Hummus

SERVES 12 (MAKES 12 SMALL SHAPES) | GLUTEN FREE

With the help of a cookie cutter, you can turn pan-fried tofu into kid-friendly party food.

HUMMUS

- 1 cup cooked or canned chickpeas
- ¼ cup gluten-free honey mustard
- 1 Tbs. honey
- 2 Tbs. lemon juice
- ½ cup olive oil

TOFU SHAPES

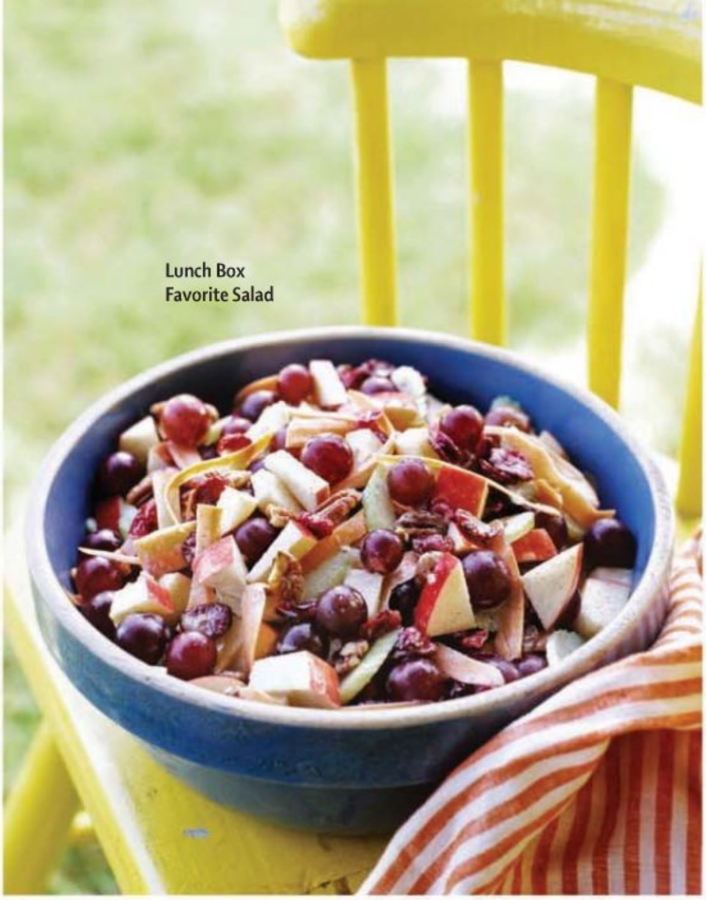
- 1 lb. superfirm tofu, cut into ½-inch-thick slices
- 1 cup puffed rice cereal
- ¼ tsp. ground cumin
- 2 large egg whites
- 2 Tbs. olive oil, for frying

1. To make Hummus: Pulse chickpeas, honey mustard, honey, and lemon juice in food processor until coarsely chopped. With motor running, add olive oil, and purée until smooth.
2. To make Tofu Shapes: Place tofu slices on paper-towel-lined baking sheet. Cover with paper towels, and place another baking sheet on top. Weigh down, and drain 30 minutes.
3. Pulse cereal and cumin in food processor until finely ground. Transfer to bowl. Whisk together egg whites and 1 Tbs. water in separate bowl.
4. Preheat oven to 400°F. Cut tofu into shapes with cookie cutters. Dip Tofu Shapes into egg whites, then into cereal mixture. Coat baking sheet with cooking spray.
5. Heat oil in skillet over medium-high heat. Fry Tofu Shapes in oil 1 to 2 minutes per side. Transfer to prepared baking sheet. Bake 10 minutes, or until firm. Serve with Hummus.

PER SERVING (1 TOFU SHAPE PLUS 1 TBS. DIP): 190 CAL; 6 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 11 G CARB; <1 MG CHOL; 191 MG SOD; 2 G FIBER; 4 G SUGARS

CLOCKWISE FROM TOP:
TOFU SHAPES WITH HUMMUS
BROWN SUGAR-CINNAMON POPCORN
CHOCOLATE LAYER CAKE WITH CREAM CHEESE FROSTING, P. 54

PINK GRADUATED SWEATER BY MULBERRIBUSH, MULBERRIBUSH.COM



Lunch Box Favorite Salad

Throw in individual cheese pizzas with gluten-free crusts (recipe, p. 60) for a bigger meal.

Lunch Box Favorite Salad

SERVES 12 | GLUTEN FREE

We've taken kids' favorite lunch box items—apples, carrots, grapes, and dried cranberries—and put them into a salad that slips a serving of fruits and veggies into the birthday menu.

- 2 Tbs. nonfat plain yogurt
- 2 Tbs. olive oil
- 2 tsp. apple cider vinegar
- ¼ tsp. ground allspice
- 2 carrots, grated or julienned (1½ cups)
- 1 red apple, grated (1½ cups)
- 1 cup seedless grapes, halved
- 2 stalks celery, cut into thin matchsticks (½ cup)
- ½ cup dried cranberries or raisins

Whisk together yogurt, oil, vinegar, and allspice in large bowl. Add carrots, apple, grapes, celery, and cranberries.

PER ½-CUP SERVING: 60 CAL; <1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 10 G CARB; <1 MG CHOL; 15 MG SOD; 1 G FIBER; 8 G SUGARS

Chocolate Layer Cake with Cream Cheese Frosting

SERVES 20 | GLUTEN FREE

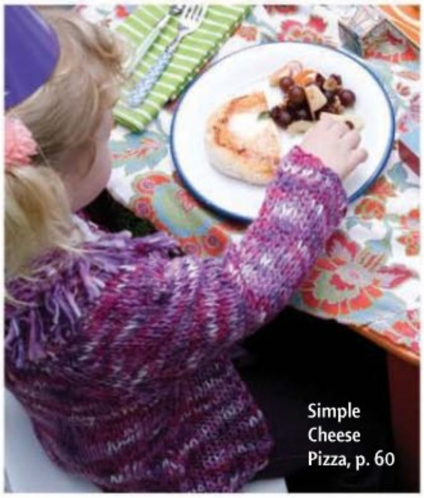
No one will ever guess this luscious cake is made without wheat flour. For a minty variation, simply add 2 tsp. peppermint extract to the frosting. Decorate with gluten-free candies from naturalcandystore.com. (We used Black Ace Red Licorice.)

CAKE

- 1¼ cups white rice flour
- 1 cup coconut flour
- 1½ cups Dutch process cocoa powder
- 4½ tsp. gluten-free baking powder (see "Ask a Chef," p. 20)
- 1½ tsp. baking soda
- 1½ tsp. xanthan gum
- ¼ tsp. salt
- 2¼ cups low-fat buttermilk
- ½ cup unsweetened applesauce
- ⅓ cup light sour cream
- ¾ cup (1½ sticks) nonhydrogenated margarine or unsalted butter, softened
- 1½ cups sugar
- 4 large eggs
- 2 large egg whites
- 1½ tsp. vanilla extract

FROSTING

- 1 cup (2 sticks) nonhydrogenated margarine or unsalted butter, softened
- 8 oz. reduced-fat cream cheese, softened
- 6 cups confectioners' sugar



Simple Cheese Pizza, p. 60

ALL KIDS' SWEATERS AND TOPS BY MULBERRIBUSH, MULBERRIBUSH.COM

Chocolate Layer Cake with Cream Cheese Frosting

DECO DELIGHTS

Check out naturalcandystore.com for organic, vegan, gluten-free, and allergen-free candy options that can be used to decorate birthday cakes or packaged as party favors.

1. Preheat oven to 350°F. Coat 3 8-inch round cake pans with cooking spray.
2. To make Cake: Sift together rice flour, coconut flour, cocoa, baking powder, baking soda, xanthan gum, and salt in large bowl. Whisk together buttermilk, applesauce, and sour cream in small bowl.
3. Cream margarine and sugar with electric mixer 2 minutes, or until fluffy and smooth. Add eggs 2 at a time, then egg whites, beating well before each addition, and scraping down sides of bowl with spatula between additions. Beat in vanilla extract. Add one-third flour mixture to butter mixture and beat until smooth. Add one-third buttermilk mixture, and beat until smooth. Alternate adding flour mixture and buttermilk mixture until all ingredients are combined.
4. Divide batter among prepared cake pans. Bake 25 minutes, or until toothpick inserted in centers comes out clean. Cool 10 minutes, then unmold, and cool completely.
5. To make Frosting: Beat margarine and cream cheese with electric mixer until smooth, scraping down sides of bowl, if necessary. Beat in confectioners' sugar 1 cup at a time until smooth, thick frosting forms. Frost Cake with 3/4 cup frosting between each layer and remaining frosting covering top and sides of Cake. Decorate with candies, if desired.

PER SLICE: 481 CAL; 6 G PROT; 24 G TOTAL FAT (8 G SAT FAT); 68 G CARB; 53 MG CHOL; 512 MG SOD; 4 G FIBER; 53 G SUGARS

Carrie Purcell thinks every child deserves a big, layered birthday cake. You can read more of her recipes at picturesandpancakes.blogspot.com.

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pizza forever

4 gluten-free crusts plus 5 tasty topping combos

BY Mary Margaret Chappell

Photography Beatriz Da Costa
Food Styling Natasha Arnoult
Prop Styling Edouard Prulhiere

GOOD NEWS for pizza lovers who can't have gluten: your dietary needs no longer have to limit your pizza preferences. When *VT* surveyed the indexes of the top gluten-free cookbooks, we found that even though they boasted hundreds of recipes, only one or two included pizza—and only one pizza crust per book! So we decided to remedy the situation.

On the following pages, you'll find recipes for thin crusts, thick crusts, toppings, and gourmet compositions—all designed to satisfy any and every pizza craving.

Roasted Ratatouille Pizza, p. 60

Simple Cheese Pizza, p. 60

Polenta–Goat Cheese Skillet Pizza, p. 60

add up to endless possibilities

thin and crispy or thick and chewy? you choose.

When pizza dough (or any other yeast bread) is made with wheat flour, it needs to be kneaded to develop gluten and give it texture. But with gluten-free doughs, you can skip the kneading and just give the dough a quick stir.

Thin and Crispy Pizza Dough

MAKES 1 12-INCH PIZZA | GLUTEN FREE

This crust uses a *poolish*, a sourdough-like starter allowed to ferment several hours, which makes the final result crisp without being cracker-like.

- ½ cup brown rice flour
- ½ cup chickpea flour
- ½ cup potato starch
- 1 Tbs. sugar
- 3 tsp. yeast, divided
- 2 tsp. guar gum or xanthan gum
- ¾ tsp. salt
- 2 egg whites
- 2 Tbs. olive oil, plus more for coating pan

1. Whisk together brown rice flour, chickpea flour, potato starch, and sugar in bowl. Scoop ½ cup flour mixture into separate bowl; stir in 1 tsp. yeast, then add ½ cup warm water. Cover with plastic wrap, and set in warm place 4 to 12 hours, or until bubbly and fragrant.
2. Whisk remaining 2 tsp. yeast, guar gum, and salt into dry flour mixture. Stir egg whites and ¾ cup warm water into wet yeast-flour mixture. Stir wet mixture into dry mixture until no lumps remain. Stir in oil. Cover, and let rise in warm place 20 minutes.
3. Preheat oven to 400°F. Place rack on rung nearest bottom of oven. Coat pizza pan with oil. Scoop dough onto pan. Place hand in plastic bag, and press dough flat.
4. Garnish with desired toppings. Place pizza on rack in oven, and bake 20 to 25 minutes, or until crust is browned and crisp on bottom, and cheese, if using, is melted.

PER SLICE (⅙ CRUST): 139 CAL; 4 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 22 G CARB; 0 MG CHOL; 237 MG SOD; 2 G FIBER; 3 G SUGARS

Chewy Pizza Dough

MAKES 1 12-INCH PIZZA | VEGAN
GLUTEN FREE

To save time, this crust proofs (rises) as the oven heats up. The dough is seasoned with garlic and onion powder for extra flavor.

- 1 0.25-oz. pkg. active dry yeast
- 1 Tbs. sugar or agave nectar
- 1 cup potato starch
- ½ cup brown rice flour
- ½ cup teff flour
- 2 tsp. guar gum or xanthan gum
- 1 tsp. salt
- ½ tsp. garlic powder
- ½ tsp. onion powder
- 3 Tbs. olive oil, plus more for coating pan

1. Combine yeast, sugar, and 1½ cups warm water in measuring cup. Let stand 10 to 15 minutes, or until liquid is cloudy and bubbly.
2. Whisk together potato starch, brown rice flour, teff flour, guar gum, salt, garlic powder, and onion powder in large bowl. Stir in yeast mixture, adding more liquid if necessary to make soft dough. Stir in oil. Cover, and let rise in warm place 20 minutes.
3. Brush or rub pizza pan with oil. Scoop dough onto pizza pan. Place hand in plastic bag, and press dough flat to cover pizza pan.
4. Garnish with desired toppings. Place pizza on middle rack in oven, and preheat oven to 350°F with pizza in oven. Once oven temperature reaches 350°F, bake 25 to 30 minutes, or until bottom is crisp and brown, and cheese, if using, is melted and beginning to brown.

PER SLICE (⅙ CRUST): 186 CAL; 2 G PROT; 6 G TOTAL FAT (1 G SAT FAT); 32 G CARB; 0 MG CHOL; 294 MG SOD; 2 G FIBER; 2 G SUGARS

Fast and Fabulous Pizza Dough

MAKES 2 10-INCH PIZZAS | VEGAN
GLUTEN FREE | 30 MINUTES OR FEWER

Don't be surprised by the batter-like consistency of this speedy dough. It will be very thin and needs to be spread with a spatula or spoon, but once baked, the dough crisps up just like a regular pizza crust.

- 1 0.25-oz pkg. active dry yeast
- 1 Tbs. sugar or agave nectar
- ½ cup almond flour or chickpea flour
- ½ cup potato starch
- ½ cup brown rice flour
- ½ cup gluten-free oat flour, such as Cream Hill Estates Lara's Whole Grain Oat Flour
- 2 tsp. guar gum or xanthan gum
- ½ tsp. baking powder
- ¾ tsp. salt
- 3 Tbs. olive oil

1. Preheat oven to 425°F. Line small baking sheet with parchment paper.
2. Stir yeast and sugar into 1½ cups warm water. Let stand 5 minutes, or until liquid is cloudy and bubbly.
3. Meanwhile, whisk together almond flour, potato starch, brown rice flour, oat flour, guar gum, baking powder, and salt in large bowl. Stir yeast mixture into flour mixture. Stir in oil. Dough will have consistency of thick muffin batter.
4. Transfer dough to prepared baking sheet. Spread dough into thin crust as you would icing on cake, using metal spatula. Top with desired toppings. Bake 20 to 25 minutes, or until bottom is golden brown and toppings begin to bubble and brown.

PER SLICE (⅙ CRUST): 92 CAL; 2 G PROT; 5 G TOTAL FAT (<1 G SAT FAT); 12 G CARB; 0 MG CHOL; 128 MG SOD; 2 G FIBER; 1 G SUGARS

take advantage
of the last fresh figs of the season to make this colorful gourmet-style pizza.

Gorgonzola, Fig & Spinach Pizza, p. 60

quick pizza sauce

MAKES 1 CUP (ENOUGH FOR 1 PIZZA) | VEGAN
GLUTEN FREE | 30 MINUTES OR FEWER

To avoid possible exposure to gluten from prepared tomato sauces, whip up this easy version that can be made with ingredients you probably have in your pantry.

- 1 6-oz. can no-salt-added tomato paste
- 2 Tbs. finely minced onion
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. dried oregano
- 2 tsp. olive oil
- ½ tsp. red wine or red wine vinegar

Combine tomato paste, onion, garlic, oregano, oil, and wine in small bowl. Season with salt and pepper, if desired.

PER SERVING (⅛ CUP): 31 CAL; 1 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 5 G CARB; 0 MG CHOL; 21 MG SOD; 1 G FIBER; 3 G SUGARS

Gorgonzola, Fig & Spinach Pizza

MAKES 1 12-INCH PIZZA | GLUTEN FREE

Some Gorgonzolas are made with gluten-containing yeasts, so carefully check the brand.

- 4 oz. Gorgonzola cheese, such as BelGioioso CreamyGorg
- ¼ cup fat-free milk
- 1 recipe Thin and Crispy Pizza Dough, p. 58
- 3 cups baby spinach leaves
- 6 fresh or dried figs, quartered
- 2 Tbs. pine nuts
- 3 Tbs. dry-cured, pitted black olives, optional

Preheat oven to 400°F. Purée cheese and milk in blender or food processor until smooth. Spread cheese mixture on Thin and Crispy Pizza Dough. Top with spinach, figs, pine nuts, and olives, if using. Bake 20 to 25 minutes, or until crust is crispy and browned on bottom. Let stand 5 minutes before slicing.

PER SLICE (⅙ PIZZA): 226 CAL; 8 G PROT; 11 G TOTAL FAT (4 G SAT FAT); 28 G CARB; 13 MG CHOL; 448 MG SOD; 4 G FIBER; 6 G SUGARS

Simple Cheese Pizza

MAKES 2 10-INCH PIZZAS | GLUTEN FREE

When you need a plain pizza fix, this combination's just the ticket.

- 1 recipe Fast and Fabulous Pizza Dough, p. 58
- 2 recipes Quick Pizza Sauce (see above)
- 8 oz. fresh mozzarella, drained and shredded

1. Prepare Fast and Fabulous Pizza Dough and Quick Pizza Sauce.
2. Preheat oven to 425°F. Spread Quick Pizza Sauce over Fast and Fabulous Pizza Dough. Sprinkle with cheese. Bake 20 to 25 minutes, or until crust is browned and cheese has melted.

PER SLICE (⅙ PIZZA): 164 CAL; 6 G PROT; 9 G TOTAL FAT (3 G SAT FAT); 17 G CARB; 11 MG CHOL; 160 MG SOD; 3 G FIBER; 3 G SUGARS

Roasted Ratatouille Pizza

MAKES 1 12-INCH PIZZA | VEGAN
GLUTEN FREE

Satisfyingly chewy roasted vegetables mean you won't miss the (mock) meat or cheese on this pie.

- 1 recipe Chewy Pizza Dough, p. 58
- 1 28-oz. can peeled whole tomatoes
- 1 small eggplant, quartered and cut into ½-inch-thick slices (2 cups)
- 2 small yellow squash or zucchini, sliced into rounds (2 cups)
- ½ large red onion, thinly sliced (1 cup)
- 2 Tbs. olive oil
- 3 cloves garlic, minced (1 Tbs.)
- 1 Tbs. herbes de Provence
- ½ cup prepared marinara sauce or 1 recipe Quick Pizza Sauce (see above)
- ¼ cup black olives or capers, optional

1. Preheat oven to 450°F. Prepare Chewy Pizza Dough.
2. Drain tomatoes, and discard liquid. Halve each tomato lengthwise. Toss together tomatoes, eggplant, squash, red onion, oil, garlic, and herbes de Provence on baking sheet.
3. Roast vegetables 25 minutes, or until beginning to brown, tossing every 5 to 10 minutes. Cool 5 to 10 minutes, or store in refrigerator up to 3 days.
4. Meanwhile, shape Chewy Pizza Dough into 12-inch disk on baking sheet coated with cooking spray. Spread with sauce, and top with vegetables. Sprinkle with olives or capers, if using.
5. Place on middle rack in oven, and preheat oven to 350°F with pizza in oven. Once oven reaches 350°F, bake 25 to 30 minutes, or until bottom is crisp.

PER SLICE (⅙ PIZZA): 264 CAL; 4 G PROT; 10 G TOTAL FAT (2 G SAT FAT); 42 G CARB; <1 MG CHOL; 507 MG SOD; 5 G FIBER; 7 G SUGARS

Polenta–Goat Cheese Skillet Pizza

MAKES 1 10-INCH PIZZA | GLUTEN FREE

Baked in a cast-iron skillet, polenta develops a crisp crust. A vegetable peeler creates thin squash curls for the topping.

- 2 Tbs. olive oil, divided
- ¾ cup instant polenta
- ½ tsp. salt
- 1 recipe Quick Pizza Sauce (see above)
- 1 3.5-oz. log goat cheese, thinly sliced
- 1 zucchini, peeled into thin strips
- 1 small red bell pepper, cut into rings

1. Preheat oven to 400°F. Brush bottom and sides of 10-inch cast-iron skillet with 1 Tbs. oil.
2. Combine polenta, salt, and 3 cups water in saucepan. Bring to a boil, whisking constantly. Cook 5 minutes, or until polenta is thick. Spread polenta in prepared skillet, set in oven, and bake 20 to 25 minutes, or until beginning to brown on sides.
3. Remove skillet from oven, and spread polenta with sauce. Top with half of goat cheese slices. Spread zucchini strips over goat cheese, top with bell pepper rings, then remaining goat cheese. Drizzle with remaining 1 Tbs. oil. Return to oven, and bake 10 to 15 minutes more, or until cheese is melted and bubbly. Cool 10 minutes before slicing and serving.

PER SLICE (⅙ PIZZA): 167 CAL; 6 G PROT; 9 G TOTAL FAT (3 G SAT FAT); 18 G CARB; 7 MG CHOL; 351 MG SOD; 3 G FIBER; 5 G SUGARS

Grilled Salad Pizza

MAKES 1 12-INCH PIZZA | GLUTEN FREE

The oven broiler "grills" greens to wilt them into a crisp-tender topping.

VINAIGRETTE

- 2 Tbs. balsamic vinegar
- 2 tsp. honey
- 1 tsp. Dijon mustard
- 1 small clove garlic, minced (½ tsp.)
- 3 Tbs. olive oil

PIZZA

- 1 recipe Chewy Pizza Dough, p. 58
- 3 Tbs. grated Parmesan cheese
- 1 cup arugula
- 1 cup sliced romaine lettuce
- 1 head red endive, halved and sliced (1 cup)
- ½ cup thinly sliced fresh fennel
- ¼ cup thinly sliced red onion
- Shaved Parmesan for garnish, optional

1. To make Vinaigrette: Whisk together vinegar, honey, mustard, and garlic. Whisk in oil, and season with salt and pepper, if desired. Let rest 30 minutes.

2. To make Pizza: Prepare Chewy Pizza Dough, and sprinkle with grated Parmesan. Place pizza on middle rack in oven, and preheat oven to 350°F with pizza in oven. Once oven reaches 350°F, bake 25 minutes, or until bottom is crisp and brown. Remove from oven, and adjust setting to broil.

3. Brush crust with 3 Tbs. Vinaigrette. Toss arugula, lettuce, endive, fennel, and onion with remaining Vinaigrette. Top pizza with arugula mixture, and place under broiler 2 to 3 minutes, or until greens begin to wilt. Serve garnished with Parmesan curls.

PER SLICE (⅛ PIZZA): 254 CAL; 3 G PROT; 12 G TOTAL FAT (2 G SAT FAT); 36 G CARB; 2 MG CHOL; 344 MG SOD; 3 G FIBER; 4 G SUGARS

mix and match toppings and crusts to create your perfect pie.

1 FOOD 5 WAYS

BY Ann Gentry

Hearty, healthful, fast-cooking, versatile—what's not to love about lentils?

lentils

Just call lentils the little legumes that could. Soups, stews, salads, pâté, bread (check out the recipe for Ivory Lentil Pancakes on vegetariantimes.com), you name it, you can make it with these tiny, lens-shaped seeds. The thick, chewy texture of lentils makes them an ideal meat substitute in veggie burgers, pasta sauce, and chili. And without the soaking time required by recipes with other dried beans, most lentil dishes—including the ones on the following pages—are ready in under an hour.

Beluga lentils

French green lentils

Red lentils

Yellow lentils

Urad dal (skinned)

NUTRITIONAL PROFILE

1 CUP COOKED LENTILS CONTAINS:

- 230 CALORIES
- 16 G FIBER
- 18 G PROTEIN
- 7 MG IRON
- 71 MG MAGNESIUM
- 358 MCG FOLATE

PHOTOGRAPHY Pornchai Mittongtare FOOD STYLING Liesl Maggiore PROP STYLING Robin Turk

ALL BOWLS, FROM HEATHCERAMICS.COM

Curried Red Lentil Soup with Lemon

SERVES 6 | VEGAN | GLUTEN FREE

This deliciously easy soup became an immediate favorite among *VT* staffers. It's even better the second day, after the spices have had more time to mingle.

- 2 cups red lentils, sorted and rinsed
- 1 qt. low-sodium vegetable broth
- 1 large onion, finely chopped (2 cups)
- 4 celery stalks, finely chopped (1½ cups)
- 2 large carrots, finely chopped (1½ cups)
- 2 cloves garlic, minced (2 tsp.)
- ¼ cup chopped cilantro
- 1 Tbs. curry powder
- 1 tsp. ground cumin
- 2 Tbs. lemon juice

1. Bring lentils, vegetable broth, and 4 cups water to a simmer in large pot. Skim away foam that rises to top. Reduce heat to medium-low, cover, and simmer 5 minutes, stirring occasionally.

2. Add onion, celery, carrots, and garlic; simmer, uncovered, 20 minutes. Add cilantro, curry powder, and cumin, and cook 20 minutes more, or until lentils are soft. Season with salt and pepper, if desired, and stir in lemon juice.

PER 1½-CUP SERVING: 283 CAL; 19 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 50 G CARB; 0 MG CHOL; 146 MG SOD;13 G FIBER; 7 G SUGARS

Get picky

Rinsing and sorting lentils washes off any dust or dirt and gets rid of small stones or empty hulls that can get mixed in. Simply place lentils in a large bowl of cold water, skim off any dried bits that float to the top, then drain in a strainer. Pick through with your fingers to remove anything that's not a lentil.

Yellow Lentil Dal

SERVES 6 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

In India, *dal* is the term used for all dried legumes, but it has also come to refer to a simple, nourishing stew-like preparation served with rice or flat bread. This recipe can be made with any type of lentil, just increase the cooking time 10 to 15 minutes if using black or green lentils.

- 2 Tbs. canola oil
- 3 tsp. whole cumin seeds
- 2 tsp. red pepper flakes
- 1 medium onion, diced (1½ cups)
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. salt
- 1½ cups yellow lentils, sorted and rinsed
- 2 cups low-sodium vegetable broth
- 1 tsp. ground turmeric

1. Heat oil in saucepan over medium-high heat. Stir in cumin and red pepper flakes, and sauté 1 minute. Add onion, garlic, and salt, and sauté 1 minute more.
2. Add lentils, vegetable broth, 2 cups water, and turmeric. Cover, reduce heat to medium-low, and simmer 25 minutes, or until liquid is absorbed.

PER ¾-CUP SERVING: 236 CAL; 13 G PROT; 6 G TOTAL FAT (<1 G SAT FAT); 35 G CARB; 0 MG CHOL; 442 MG SOD; 7 G FIBER; 3 G SUGARS

Mujadara (Rice, Lentil, and Caramelized Onion Pilaf)

SERVES 6 | VEGAN | GLUTEN FREE

Keeping a can or two of lentils on hand means you can have this Greek dish on the table without having to cook the lentils beforehand. If you like onions, double the amount when caramelizing.

- 1½ cups basmati or long-grain brown rice
- ½ tsp. salt, divided
- 1 Tbs. olive oil
- 1 large onion, thinly sliced (2 cups)
- 1 15-oz. can brown lentils, rinsed and drained, or 1½ cups cooked brown lentils
- ½ cup chopped fresh parsley
- 1 Tbs. chopped fresh thyme
- 2 tsp. grated lemon zest
- 1 tsp. ground cumin

1. Bring rice, 2¼ cups water, and ¼ tsp. salt to a boil in large saucepan. Cover, reduce heat to medium-low, and simmer 30 minutes, or until rice is tender, and all liquid is absorbed. Remove from heat, and let stand 5 minutes.
2. Meanwhile, heat oil in skillet over medium heat. Add onion and remaining ¼ tsp. salt. Reduce heat to medium-low, and cook 30 minutes, or until onion is soft and browned, stirring occasionally.
3. Transfer rice to large bowl, and fluff with fork. Stir in onion, lentils, parsley, thyme, lemon zest, and cumin. Season with salt and pepper, if desired.

PER ¾-CUP SERVING: 274 CAL; 8 G PROT; 2 G TOTAL FAT (<1 G SAT FAT); 59 G CARB; 0 MG CHOL; 281 MG SOD; 7 G FIBER; 3 G SUGARS

Red Lentil Pecan Pâté

SERVES 12 | VEGAN

This dish is a fantastic way to impress guests when served with crackers or carrot and celery sticks. It also makes a wonderful sandwich spread.

- 1 cup red lentils, sorted and rinsed
- 2 Tbs. olive oil
- 1 medium sweet onion, such as Walla Walla or Vidalia, chopped (1½ cups)
- 4 cloves garlic, peeled and coarsely chopped (1½ Tbs.)
- 1½ cups toasted pecan pieces, plus more for garnish
- ⅓ cup coarsely chopped fresh parsley, plus more for garnish
- 2 Tbs. yellow miso paste
- 1 Tbs. rice vinegar
- 1 tsp. dried basil
- ½ tsp. dried thyme
- ½ tsp. freshly ground black pepper

LENTIL LEXICON

TYPE	TASTE AND TEXTURE	BEST IN
Beluga lentils	Firm and chewy, these black lentils get their caviar-themed name because they glisten once cooked.	Salads, brothy soups
Black lentils or black gram (Urad dal)	Small, strong-flavored black Indian beans; also available skinned and split into white lentils. Remain intact after cooking.	Bean dishes
Brown lentils	Most common lentil type; soft, slightly chewy texture and earthy flavor.	Soups, stews, veggie burgers, chili
French green lentils	These brownish-green lentils have a slightly peppery taste and stay firm when cooked.	Salads, French and Italian dishes
Red lentils	Common ingredient in Middle Eastern and Eastern European cuisine; tender and mild, they break down to purée-like consistency when cooked.	Thick soups, pâtés, spreads
White or ivory lentils	Skinned and split black lentils; mild and soft.	Soups, stews
Yellow lentils	Usually sold split; slightly nutty flavor. Texture similar to red lentils.	Thick soups, pâtés, spreads

Cold French Lentil Salad

ATTICUS PACIFIC COLLECTION SERVING BOWL, FROM ATTICUSHOME.COM

1. Bring lentils, 3 cups water, and pinch salt, if desired, to a boil in saucepan. Reduce heat to medium-low, cover, and simmer 15 minutes, or until soft. Drain, and cool.
2. Heat oil in skillet over medium-low heat. Add onion and garlic, and sauté 10 minutes, or until onion is golden. Cool.
3. Pulse pecans in food processor until thick paste forms. Add lentils and onion mixture, and purée until smooth. Add parsley, miso, rice vinegar, basil, thyme, and pepper; pulse until combined.
4. Transfer to bowl. Cover, and chill 4 hours. To serve: Invert pâté onto plate. Garnish with pecans and parsley.

PER ¼-CUP SERVING: 185 CAL; 6 G PROT; 13 G TOTAL FAT (1 G SAT FAT); 14 G CARB; 0 MG CHOL; 128 MG SOD; 4 G FIBER; 2 G SUGARS

Cold French Lentil Salad

SERVES 6 | VEGAN | GLUTEN FREE

The deep color and firm texture of green lentils add an elegant dimension to this easy-to-make classic.

- 1 cup green lentils, sorted and rinsed
- 1 bay leaf
- 3 Tbs. olive oil
- 2 Tbs. red wine vinegar
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. Dijon mustard
- ½ tsp. dried dill
- 3 celery stalks, finely diced (1 cup)
- 1 cup peeled and diced cucumber
- ⅓ cup finely diced fennel bulb
- ½ cup frozen corn, thawed
- ½ cup diced white onion

1. Bring lentils, bay leaf, and 3 cups water to a boil in saucepan. Reduce heat to medium-low, cover, and simmer 20 minutes, or until lentils are tender. Drain, remove bay leaf, and cool.
2. Whisk together oil, vinegar, garlic, mustard, and dill in bowl. Stir in lentils, celery, cucumber, fennel, corn, and onion. Season with salt and pepper, if desired.

PER 1-CUP SERVING: 186 CAL; 8 G PROT; 8 G TOTAL FAT (<1 G SAT FAT); 24 G CARB; 0 MG CHOL; 61 MG SOD; 6 G FIBER; 2 G SUGARS

VT *executive chef Ann Gentry uses different types of lentils in the daily specials at Real Food Daily, her vegan eateries in Los Angeles.*

Savor the season's rich flavors and colors with this elegant dinner for two

autumn splendor

BY Victoria Abbott Riccardi

As the bright hues and hot temperatures of summer give way to the muted tones and brisk breezes of fall, warm up your kitchen with an autumn-inspired menu for two. Let the aromas of slow-roasted tomatoes and sautéed mushrooms fill the air while you put the finishing touches on a fruit-laced salad and a spiced pumpkin parfait. Then, sit back and enjoy a taste of all the good things the change of season brings.

HAIR AND MAKEUP BY DORIT GENAZZANI, USING MAC; WARDROBE STYLING BY SABA SALEHI. MURIEL GRATEAU SENSO PIERRE DESSERT PLATE, FROM GEARYS.COM

Persimmon Salad with Toasted Walnuts and Dried Cranberries

SERVES 2 | VEGAN | GLUTEN FREE
30 MINUTES OR FEWER

Pick up a persimmon while doing your fall produce shopping and you won't regret it. The supersweet fruit has a peach-like texture and slightly spicy flavor. Hachiya and Fuyu are the two types of persimmons you're most likely to find. When ripe, heart-shaped Hachiya are jelly-like, while the squatter Fuyu stay firm. Save the wispy fronds from the chopped fennel bulb to garnish the salad.

- 1 Tbs. olive oil
- 1 Tbs. rice vinegar
- 2 tsp. Dijon mustard
- 3 cups mesclun greens
- ½ ripe persimmon, halved and cut into fans (½ cup)
- ¼ cup chopped fresh fennel bulb
- 2 Tbs. dried cranberries, coarsely chopped
- 2 Tbs. chopped toasted walnuts

1. Whisk together oil, vinegar, and mustard in small bowl. Season with salt and pepper, if desired.
2. Arrange mesclun greens on 2 salad plates, and divide persimmon fans, fennel, cranberries, and toasted walnuts between them. Drizzle dressing over salads, and season with salt and pepper, if desired.

PER SERVING: 162 CAL; 2 G PROT; 12 G TOTAL FAT (1 G SAT FAT); 14 G CARB; 0 MG CHOL; 137 MG SOD; 2 G FIBER; 6 G SUGARS

PHOTOGRAPHY Amy Neunsinger FOOD STYLING Valerie Aikman-Smith PROP STYLING Jennifer Flanagan

Squares of socca soak up the yummy juices of seasonal veggies.

Wild Mushroom Socca Stacks

SERVES 2 | GLUTEN FREE

Socca, a flat bread made with chickpea flour, is layered with mushrooms and tomatoes to create a perfect-sized entrée for two. For a romantic twist, make a single stack, set it in the middle of the table, and share.

- ½ cup chickpea flour
- ⅛ tsp. salt
- ⅛ tsp. ground black pepper
- 1 Tbs. plus 1 tsp. olive oil, divided
- 2 medium sweet onions, such as Vidalia or Walla Walla, chopped (3 cups)
- 2 Tbs. chopped fresh thyme
- ½ lb. wild mushroom mix
- ⅓ cup dry white wine or vermouth
- ½ cup shredded Cheddar cheese, optional
- 1 recipe Slow-Roasted Plum Tomatoes and Sauce (see below)

1. Preheat oven to 450°F. Coat loaf pan with cooking spray.
2. Whisk together chickpea flour, salt, and pepper in medium bowl. Slowly whisk in 1 cup lukewarm water, then 1 Tbs. oil. Set aside.
3. Heat remaining 1 tsp. oil in large nonstick skillet over medium-high heat. Add onions and thyme; cover, and cook 10 minutes, stirring occasionally. Add mushrooms, and sauté 8 minutes. Stir in wine, and cook 4 minutes more, or until most of liquid has evaporated. Season with salt and pepper, if desired. Cover, and keep warm over low heat.
4. Pour chickpea mixture into prepared loaf pan. Bake 7 minutes, or until socca feels firm and edges appear set. Sprinkle with cheese, if using. Return to oven, and bake 2 minutes more. Cut into 4 rectangles (or 2 squares if making a single serving for two).
5. Drizzle plates with half of Slow-Roasted Plum Tomatoes and Sauce. Lay first layer of socca on plates. Spoon half of mushroom mixture over socca, and top with generous helping of Slow-Roasted Plum Tomato halves. Add second socca layer, followed by remaining mushroom mixture. Drizzle with remaining sauce, and garnish with remaining tomatoes.

PER SERVING: 491 CAL; 14 G PROT; 26 G TOTAL FAT (3 G SAT FAT); 55 G CARB; 0 MG CHOL; 210 MG SOD; 11 G FIBER; 27 G SUGARS

Slow-Roasted Plum Tomatoes and Sauce

SERVES 2 | VEGAN | GLUTEN FREE

This is a great recipe to make while you're preparing for the evening, because there's no need to stir or check on the tomatoes.

- 12 plum tomatoes, halved lengthwise
- 6 cloves garlic, minced (2 Tbs.)
- 1 Tbs. chopped fresh thyme
- 1 Tbs. chopped fresh rosemary
- 1 Tbs. chopped fresh oregano
- 2 Tbs. olive oil

1. Heat oven to 300°F. Place tomato halves, cut-side up, on baking sheet. Sprinkle with garlic, thyme, rosemary, and oregano. Season with salt and pepper, if desired. Drizzle oil over tomatoes. Bake 2 hours.
2. Purée 12 tomato halves in food processor until smooth to make sauce. Use remaining tomato halves to garnish Socca Stacks.

PER SERVING (3 TOMATOES AND ¼ CUP SAUCE): 204 CAL; 4 G PROT; 14 G TOTAL FAT (2 G SAT FAT); 18 G CARB; 0 MG CHOL; 21 MG SOD; 5 G FIBER; 10 G SUGARS

Everyday drinking glasses become elegant dessert cups when filled with creamy parfait layers.

GLASS, FROM ARMANICASA.COM; MURIEL GRATEAU SENSO PIERRE ROUND PLACE MAT, FROM GEARYS.COM. OPPOSITE PAGE: MUD AUSTRALIA PLATTER AND BOWL, FROM TABLE ART

Pumpkin Parfaits with Oat Crunch

SERVES 2 | VEGAN | GLUTEN FREE

This recipe makes 1 cup of Oat Crunch, which is more than you'll need for the parfaits. Save the rest to serve with yogurt, fresh berries, or sorbet.

OAT CRUNCH

- ½ cup puffed rice cereal
- ¼ cup gluten-free old-fashioned rolled oats (not instant), such as Bob's Red Mill Gluten Free Rolled Oats
- 2 Tbs. raw pumpkin seeds
- 2 Tbs. pure maple syrup
- ¼ tsp. pumpkin pie spice

PUMPKIN MOUSSE

- 3 Tbs. gluten-free tofu cream cheese, such as Follow Your Heart Vegan Gourmet Cream Cheese Alternative
- ½ cup sweetened pumpkin pie filling
- 6 oz. vanilla soy yogurt

1. To make Oat Crunch: Preheat oven to 300°F. Combine puffed rice, oats, and pumpkin seeds in small bowl. Add maple syrup, pumpkin pie spice, and pinch of salt; stir well. Transfer ingredients to prepared baking sheet; spread into thin layer. Bake 10 to 15 minutes, or until light brown. Remove from oven; let cool. Break up Oat Crunch with fingers, and set aside.
2. To make Pumpkin Mousse: Whisk tofu cream cheese in bowl until fluffy. Add pumpkin pie filling, and whisk until smooth. Chill.
3. Spoon 2 Tbs. yogurt into serving glasses. Top with one-quarter Pumpkin Mousse. Sprinkle 1 Tbs. Oat Crunch over each parfait. Repeat process with yogurt, Pumpkin Mousse, and Oat Crunch.

PER SERVING: 227 CAL; 5 G PROT; 8 G TOTAL FAT (2 G SAT FAT); 34 G CARB; 0 MG CHOL; 261 MG SOD; 6 G FIBER; 26 G SUGARS

For Victoria Abbott Riccardi, fall means filling her kitchen with the smells of seasonal meals she prepares for herself and her husband.

09 vt's foodie awards

BY Jolia Sidona Allen

and the winners are ...

Navigating the aisles of your health food store, supermarket, or cookware department can be exhilarating for any foodie. But when you're short on time—or dough—you might feel a bit bewildered by the sheer number of choices.

Luckily, here at *VT*, it's literally our job to try all those tempting products and to spread the word on the ones we can't do without.

For this year's inaugural Foodie Awards, *VT* editors nominated products in 25 tasty categories. Over five weeks last spring, readers logged on to vegetariantimes.com and cast more than 36,000 votes for their favorites. The result: a shopper's cheat sheet identifying 125 worthy purchases, plus readers' top 25 picks. Next time you set out to fill up your shopping cart, don't leave home without this list!

PHOTOGRAPHY Gotch & Purcell PROP STYLING Emily Henderson

BEST BEVERAGES

DEVASTATINGLY DRINKABLE BOTTLED BEVERAGE

Odwalla Blueberry B Monster Vitamin B Fruit Smoothie Blend

RUNNERS-UP **GT's Synergy Organic and Raw Raspberry Rush Kombucha • Ito En Oi Ocha Unsweetened Green Tea • Naked Juice Açai Machine • Sweet Leaf The Original Sweet Tea**

Odwalla Blueberry B Monster Vitamin B Fruit Smoothie Blend—a cocktail of blueberries, orange juice, mangoes, bananas, apple juice, grape juice, and B-complex vitamins—is more than just a drink, it's a nutrient-packed energy booster.

NO-MOO MILK

Silk Soymilk Plus Fiber

RUNNERS-UP **Manitoba Harvest Chocolate Hemp Bliss Organic Hempmilk • Organic Valley Original Soy Milk • Rice Dream Enriched Original Rice Drink • So Delicious Vanilla Coconut Milk Beverage**

Silk Soymilk Plus Fiber offers a mild, creamy taste with 5 grams of fiber and 6 grams of protein per serving, and it's perfect for enjoying with breakfast cereal or for dunking cookies.

FAB FAIR-TRADE AND/OR ORGANIC COFFEE

Green Mountain Coffee Fair Trade Organic Rain Forest Blend

RUNNERS-UP **Allegro Coffee Organic French Roast • Equal Exchange Organic Ethiopian • Groundwork Organic Black Gold • Yuban Original**

We savored each of these roasts, but readers spoke out for Green Mountain Coffee Fair Trade Organic Rain Forest Blend, a satisfying and smooth brew.

DIVINE ORGANIC-GRAPE WINE

Organic Wine Works Maverick Merlot 2007

RUNNERS-UP **Agrinatura Organic Italian Red (Rosso) • Bonterra Vineyards Merlot • Bonterra Vineyards Syrah • Girasole Vineyards 2007 Sangiovese**

While all these wines are made with organic grapes, readers gave top marks to Organic Wine Works Merlot, which is also processed organically and sans added preservatives.

GLORIOUS GREEN TEA

Tazo Zen Green Tea

RUNNERS-UP **Eden Organic Genmaicha Tea • Mountain Rose Herbs Organic Dao Ren Tea • Numi Organic Golden Jasmine Tea • Rishi Organic Dragon Well Green Tea**

Tazo Zen Green Tea offers a gentle, any-time-of-day pick-me-up with a sweet, mild flavor.

PANTRY PLEASERS

SCRUMPTIOUS READY-TO-EAT SOUP

winner **Amy's Kitchen No Chicken Noodle Soup**

RUNNERS-UP **Imagine Natural Creations Organic Creamy Acorn Squash & Mango Soup • Kettle Cuisine Organic Carrot & Coriander • Muir Glen Organic, Garden Vegetable • Pacific Natural Foods, Organic Creamy Tomato**

About the winner, Amy's Kitchen No Chicken Noodle Soup, *VT* reader Kelly Sanders comments, "This stuff makes me feel like I'm back in my mom's house when she would make me chicken soup for my colds." All the comfort of a homemade soup, none of the fuss!

GO-TO GRAINS

winner **Eden Organic Wild Rice**

RUNNERS-UP **Andean Naturals Organic Royal Quinoa • Lotus Foods Bhutanese Red Rice • Lundberg Black Japonica Rice • Tasty Bite Tandoori Pilaf**

If plain brown rice is your only go-to grain, it's time to branch out. Eden Organic Wild Rice takes first place for its unique, earthy flavors and fabulous texture.

CHOICE CEREAL

winner **Kashi Heart to Heart Honey Toasted Oat**

RUNNERS-UP **Barbara's Bakery Puffins Original • Bob's Red Mill Gluten Free Rolled Oats • Food For Life Baking Co.**

Ezekiel 4:9 Organic Sprouted Grain Cereal, Cinnamon Raisin • Nature's Path Heritage Heirloom Whole Grains
Kashi Heart to Heart is fiber-filled, protein-packed, and sog-proof, with adorable heart-shaped pieces mingling with the O's.

winner **GROOVY GLUTEN-FREE PASTA**
Andean Dream Quinoa Spaghetti
RUNNERS-UP **House Foods Tofu Shiratake Spaghetti • Mrs. Leeper's Organic Corn Spaghetti • Sea Tangle Kelp Noodles • Tinkyáda Organic Brown Rice Spirals**
Andean Dream Quinoa Spaghetti is a healthful and delicious alternative to traditional wheat-based pastas.

winner **FUN & HEALTHFUL KID FOOD**
Annie's Homegrown Bunny Graham Friends
RUNNERS-UP **Peas of Mind Carrot Risotto Puffet • PURE Cherry Cashew Bar • Revolution Foods Organic Mashups Squeezable Fruit, Grape • Wallaby Organic Lowfat Yogurt, Banana Vanilla**
"My picky 2-year-old would eat a box of these if I let him!" says Jennifer Carson about Annie's Homegrown Bunny Graham Friends.

winner **PRIMO PASTA SAUCE**
Prego Organic Tomato & Basil Italian Sauce
RUNNERS-UP **Basiltops Roasted Garlic Pesto • Lucini Spicy Tuscan Tomato Sauce • Mario Batali Marinara Pasta Sauce • Rao's Homemade Marina Sauce**
Prego Organic Tomato & Basil Italian Sauce hits just the right balance of zesty and sweet.

FLAVOR SAVIORS

SPECTACULAR FOR SAUTÉING
winner **Colavita Organic Extra Virgin Olive Oil**
RUNNERS-UP **Earth Balance Natural Buttery Spread Made with Olive Oil • La Tourangelle Delicate Grapeseed Oil • Pam Organic Canola Oil • Spectrum Olive Spray Oil**
Colavita Organic Extra Virgin Olive Oil offers full-bodied flavor, silky consistency, and organic goodness.

winner **SAVOR-THIS SEASONING**
Maldon Sea Salt
RUNNERS-UP **Awaken Savor Aphrodisiac Banquet (salt-free) • Maine Coast Sea Vegetables Sea Seasonings Triple Blend Flakes • Mountain Rose Herbs Curry Leaf • Simply Organic Get Crackin' (3-peppercorn blend)**
Every cook worth his or her salt has a spice-rack favorite. Like many top chefs, *VT* readers love the flaky texture and subtle flavor of Maldon Sea Salt.

CAN'T-DO-WITHOUT CONDIMENT
winner **Annie's Naturals Organic Honey Mustard**
RUNNERS-UP **Follow Your Heart Original Vegenaise • Frontier Natural Products Co-op Bac'Uns Vegetarian Bits • San-J Organic Wheat Free Reduced Sodium Tamari Soy Sauce • The Wizard's Organic Vegan Worcestershire Sauce, Original**
At just 10 calories per serving and 0 grams of fat, Annie's Naturals Organic Honey Mustard is a healthful obsession.

TOP BOTTLED SALAD DRESSING
winner **Newman's Own Balsamic Vinaigrette**
RUNNERS-UP **Annie's Organic Goddess Dressing • Follow Your Heart Vegan Caesar Dressing • Galeos Miso Dijonnaise Dressing • Organicville Sesame Tamari Organic Vinaigrette**
Newman's Own Balsamic Vinaigrette is the antidote to salad boredom.

TOP TOOLS

MOST CHERISHED COOKWARE

winner **Le Creuset Oval French Oven, 6¾ qt.**

RUNNERS-UP **Aroma 10-Cup Sensor Logic Rice Cooker • Fagor Splendid Pressure Cooker, 6 qt. • Lodge Cast Iron Seasoned Skillet, 12-inch • Shun Ken Onion 8-inch Chef's Knife**

VT Food Editor Mary Margaret Chappell loves that the Le Creuset French Oven lets you sear, sauté, and braise; plus it can go from stove top to oven to table looking beautiful.

BEST KITCHEN TOOL UNDER 30 BUCKS

winner **Cuisinart Smart Stick Hand Blender**

RUNNERS-UP **Chef'n VeggiChop (hand-powered food processor) • Microplane Classic Series Premium Zester/Grater, 12-inch • Preserve Cutting Board, large • TofuXpress (tofu press)**

Noelle Albanese-Levin says the Cuisinart Smart Stick Hand Blender "can do anything a full-sized blender can do—but faster and with almost no cleanup!"

FAB FRIDGE & FREEZER FINDS

TASTIEST WAY TO GET YOUR PROBIOTICS

winner **Stonyfield Farm O'Soy Soy Yogurt, Blueberry**

RUNNERS-UP **Attune Chewy Chocolate Granola Probiotic Wellness Bar • Fage Total 0% Greek Yogurt, Plain • GoodBelly Multi, Blueberry Açai • Wildwood Organics Probiotic Soy Milk Pomegranate**

Stonyfield Farm O'Soy is just the right blend of creamy breakfast treat and explosive blueberry yumminess.

SUPERB MOCK MEAT

winner **Morningstar Farms Meal Starters Chik'n Strips**

RUNNERS-UP **El Burrito Soyrizo • Field Roast Deli Slices, Lentil Sage • Tofurky Italian Sausage with Tomato and Basil • Yves Jumbo Hot Dogs**

Versatile Chik'n Strips brown beautifully when fried and taste great!

TANTALIZING TEMPEH & TOFU

winner **Lightlife Organic Smoky Tempeh Strips**

RUNNERS-UP **House Foods Tofu Steak Grilled • Nasoya Silken Style Creations, Chocolate • Turtle Island Foods Lemon Pepper Marinated Tempeh Strips • Wildwood Organics SprouTofu Super Firm**

"My omnivorous Texan boyfriend actually prefers Lightlife Smoky Tempeh Strips to bacon!" says Rachel Dean.

DA BOMB BURGER

winner **Boca Burgers Original Vegan**

RUNNERS-UP **Amy's All American Veggie Burger • Bahama Rice Burger, Mediterranean • Gardenburger Veggie Medley • Just Good Energy Cashew Veggie Burger**

For hearty flavor and a meaty texture too, Boca Burgers Original Vegan is top-notch.

"My omnivorous Texan boyfriend actually prefers Lightlife Organic Smoky Tempeh Strips to bacon!"

IRRESISTIBLE INDULGENCES

Every cookie on our top-five list of finalists qualifies as "can't-eat-just-one."

CAN'T-EAT-JUST-ONE COOKIES

winner **Uncle Eddie's Vegan Peanut Butter Chocolate Chip Cookies**

RUNNERS-UP **Brent & Sam's Pure Naturals Chocolate Chip Pecan Cookies • Crummy Brothers Organic Original Chocolate Chip Cookies • Lady Walton's Dark Chocolate Mint Butter Wafer Cookies • Sun Flour Baking Company Lemony Lemon Cookies**

Uncle Eddie's gets the gold medal for melt-in-your mouth chocolate chips and a slightly soft but not-too-soft cookie. These vegan treats can hold a candle to their traditional doppelgangers any day!

ELEGANT FAIR-TRADE AND/OR ORGANIC CHOCOLATE

winner **Endangered Species Organic Dark Chocolate with Organic Blueberries**

RUNNERS-UP **Green & Black's Organic Maya Gold Dark Chocolate • Newman's Own Organics Mocha Milk Chocolate • Seeds of Change Organic Milk Chocolate with Puffed Grains • Vosges Barcelona Exotic Candy Bar**

Endangered Species tastes heavenly, and the company gives back 10 percent of net proceeds to nonprofits such as the African Wildlife Foundation and the Ocean Conservancy. "It's the perfect combination of chocolate, blueberry, and armchair activism," says reader Julie Tappe.

COOL, CREAMY TREATS

winner **Blackwell's Organic Raspberry Sorbetto**

RUNNERS-UP **Luna & Larry's Organic Coconut Bliss, Chocolate Hazelnut Fudge • PJ Madison's Organic Gelato Style Ice Cream, Kashmir Cinnamon • Sambazon Açaí Organic Sorbet, Original Rio-Style • Three Twins Organic Mocha Difference Ice Cream**

With its eye-popping color and jaw-dropping sweet-tart flavor, Blackwell's Organic Raspberry Sorbetto feels as decadent as any ice cream dessert, and it's totally fat-free.

MAGNIFICENT MUNCHIES

winner **Garden of Eatin' Sesame Blues Tortilla Chips**

RUNNERS-UP **Arico Cassava Chips, Sea Salt Mist • Food Should Taste Good Sweet Potato Tortilla Chips • Sesmark Rice Thins Original • Robert's American Gourmet Original Tings Crunchy Corn Sticks**

Satisfy your next afternoon snack attack with Garden of Eatin' Sesame Blues, the perfect combo of crunch and good-for-you ingredients, such as organic blue corn and organic sesame seeds.

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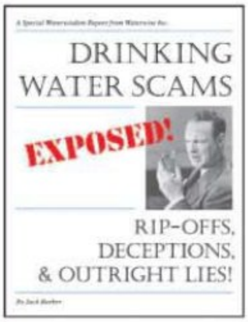

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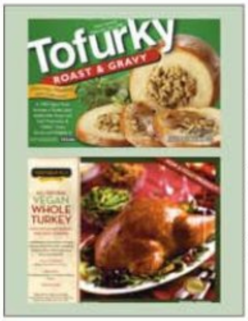

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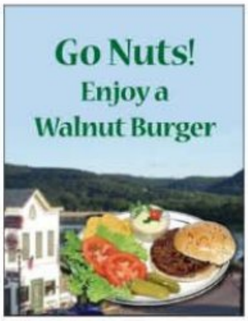

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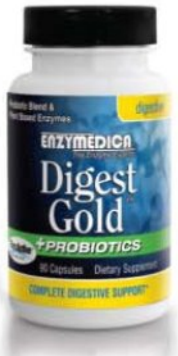

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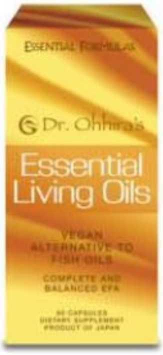

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						CRUSHES AND SAUCES
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■	■	■	■	■		Mujadara (Rice, Lentil, and Caramelized Onion Pilaf), p. 64
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BY Maggie Patinelli

> “Simply tasting my first Asian pear was a revelation in ripeness. It was so swollen with sweet juices that when I bit into it I had to lean over the pavement to avoid drenching my shirt.”
> —Victoria Abbott Riccardi, *Untangling My Chopsticks: A Culinary Sojourn in Kyoto*

asian pears

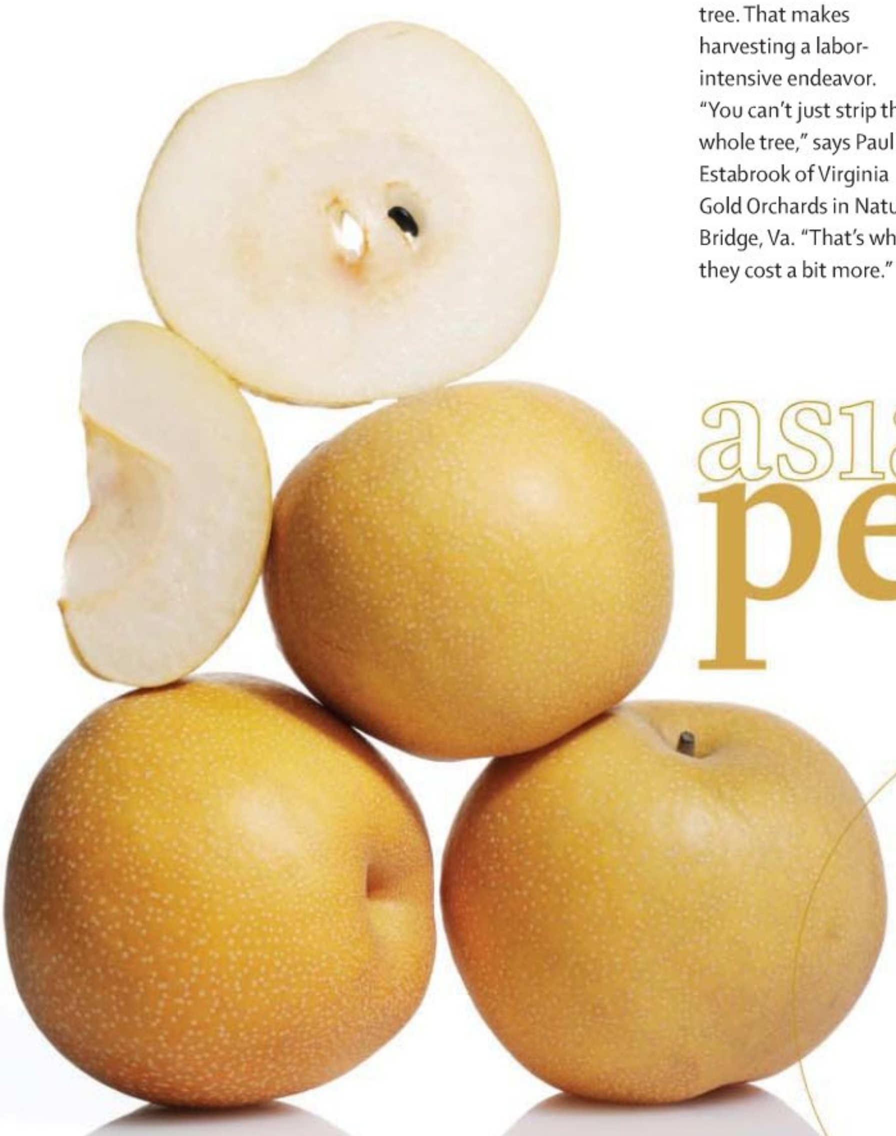
Unlike their soft, shapely Western counterparts that ripen after they're picked, round, crisp Asian pears must fully ripen on the tree. That makes harvesting a labor-intensive endeavor. "You can't just strip the whole tree," says Paul Estabrook of Virginia Gold Orchards in Natural Bridge, Va. "That's why they cost a bit more."

How to buy and store

Look for fruit that's fully colored up to the stem with just a bit of green. "If you cut it open and there is a hint of browning around the seeds, you know you have a perfectly ripe one," says Estabrook. The fruit will keep for a week on the counter and six weeks in the fridge.

Types to try

Many regions have limited selections, but new varieties are being developed all the time. "We have as many as 14 varieties that vary distinctly in flavor and texture," says Lucy Olson of Gabriel Farm in Sebastopol, Calif. "The 20th Century tastes like lemon-lime, the Hosui tastes like honey, and the Chojuro like butterscotch."



PHOTOGRAPHY: MIKE LORRIG

Chef's tip

"Asian pears are so crisp in texture that they can be an easy replacement for lettuce in sandwiches. I use a vegetable peeler to peel the fruit and then cut wide, paper-thin strips for sandwiches. They're great with grilled cheese."

—Ann Gentry, *VT executive chef and owner of Real Food Daily restaurants in Los Angeles*

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